

Dessert

Frozen Lemonade Cupcakes

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Servings: 18

Preparation Time: 20 minutes

Freezing Time: 5 hours

Instead of pound cake, shallow vanilla cupcakes can be used.

A little yellow food coloring can be added for the full lemonade effect.

Some calories can be saved by using reduced-fat whipped topping and low-fat sweetened condensed milk.

1 can (14 oz) sweetened condensed milk
1 container (6 oz) frozen lemonade or limeade, partially thawed
1 tub (12 oz) frozen light whipped topping, thawed
1 (10.75 ounce) frozen reduced-fat or fat-free pound cake
grated lemon peel (optional)

Paper-line 18 muffin cups.

Cut the pound cake into 18 slices.

Using a 1 3/4-inch-round cookie cutter or appropriate size to fit into the paper-liners, cut the slices into rounds. Discard scraps.

Place the cake rounds into the paper liners.

In a large bowl, combine the condensed milk and lemonade concentrate. Stir well.

Stir a large spoonful of whipped topping into the mixture.

Fold in the remaining whipped topping.

Spoon evenly into the muffin liners.

Freeze for 2 hours.

Cover and freeze for several more hours or overnight before serving.

Garnish with lemon peel.

Serving Ideas: For a mousse-like finish, remove from the freezer and store in the coldest part of the refrigerator until serving.

Per Serving (excluding unknown items): 55 Calories; 1g Fat (23.9% calories from fat); 1g Protein; 9g Carbohydrate; 0g Dietary Fiber; 6mg Cholesterol; 22mg Sodium. Exchanges: 1/2 Fat; 1/2 Other Carbohydrates.