

Pumpkin Spice Cake

For the Cake

1 (18 1/4 ounce) box spice cake mix

1 (15 ounce) canned pumpkin

4 ounces unsweetened applesauce

1/2 cup water

For the Cream Cheese frosting

6 ounces ww vanilla yogurt

3 tablespoons fat free sugar-free instant cheesecake pudding mix

8 ounces Cool Whip Free

For the cake:.

Preheat oven to 350°. Mix all the ingredients together until well combined. Place in a 9 x 13 pan coated with nonstick spray. Bake for 35 minutes or until tests done. Cool in pan.

For the Frosting:.

Combine yogurt and dry pudding mix until thoroughly combined. Fold Cool Whip free into the yogurt mixture. Ice cooled cake with frosting.

Store cake in the fridge. When ready to serve let cake sit on the counter for 10 minutes.