**Low-Fat Chocolate Cupcakes**

**Ingredients:**

* ½ box Betty Crocker milk chocolate cake mix
* 3 egg whites
* 3T. applesauce
* 1/2c + 2 T water

**Instructions:**

1. Preheat the oven to 350 degrees.
2. Using the hand mixer, prepare the cake mix according to the ingredient list **ABOVE**. Do not follow the ingredients on the back of the box. Mix batter until smooth.
3. Place the muffin liners into the muffin tins. After the batter is prepared, pour the batter into the paper liners so they are ½- ¾ of the way full. Should make 12 cupcakes.
4. Bake for 15-20 minutes, or until toothpick inserted into the center comes out clean.
5. Remove the cupcakes from the oven and carefully remove them from the pans. Place the cupcakes on cooling racks until they are cooled down.
6. When the cupcakes are cool, frost them with the chocolate frosting. Eat and enjoy!

**Chocolate Frosting**

**Ingredients:**

* ¼ C + 2T powdered sugar
* 1 ½ T Cocoa powder
* 1 T butter or margarine, softened
* ¼ tsp vanilla
* 1 T milk

**Instructions:**

1. Combine the powdered sugar, cocoa, butter, vanilla and milk in a small mixing bowl.
2. With the mixer, beat the frosting mixture until smooth.

* If frosting is **too dry**, add more **milk one tsp. at a time** until **smooth**
* If frosting is **too runny**, add more **powdered sugar one tsp. at a time** until **stiff**