Mini Yellow Cupcake with Whipped Cream Frosting

10 1/2 oz. Yellow cake mix
3 Large white eggs
2 T. 1/4 tsp. Applesauce
3/4 c, 1 T. 2 tsp. Water
10 Small cupcake papers
2 oz. Low-fat whipped topping
20 Fresh raspberries

METHOD OF PREPARATION:

1. Mix cake mix according to the package directions. Use water in place of milk and applesauce in place of oil.
2. Line each cupcake hole with a cupcake paper.
3. Fill the cup 2/3 full.
4. Bake at 350 F for about 15 minutes.
5. After the cupcakes have cooled, put low-fat whipped topping in a pastry bag.
   Using a star tip, frost the cupcakes.
2. Top each cupcake with one raspberry.

SERVES: 20 Cupcakes

NUTRITION: 100 Calories, 3.5 g Fat, 2.5 g Saturated Fat, 10 mg Cholesterol, 100 mg Sodium, 16 g Carbohydrate, 0 g Dietary Fiber, 1 g Protein

ALLERGENS: Milk, Eggs, Wheat, Gluten