

## **Crazy Crumbly Coffee Cakes**

### **Ingredients: For Cupcakes**

2 cups of moist yellow cake mix

$\frac{3}{4}$  cup of fat free sour cream

$\frac{1}{4}$  cup of egg substitute

$\frac{1}{4}$  cup of sugar free calorie-free hazelnut syrup

1 teaspoon cinnamon

### **For Crumb Topping**

1 cup Fiber One bran cereal

2 tablespoons plus 2 teaspoons no-sugar added applesauce

2 tablespoons Splenda /No calorie sweetener

2 teaspoons brown sugar (not packed)

2 teaspoons cinnamon

### **Directions**

Preheat 350 degrees

To make the crumb topping, grind Fiber One in a food processor or blender to a breadcrumb-like consistency. Transfer crumbs to a medium mixing bowl and add all of the other topping ingredients. Stir with a fork until completely mixed. Then use the fork to break mixture up into small crumbles. Set aside.

In a large mixing bowl, combine all of the cupcake ingredients. Stir until thoroughly blended and free of lumps.

Line a 12 cup muffin pan with baking cups and or spray with nonstick spray. Evenly distribute cake mixture among the cups. Evenly top each cupcake with crumb mixture, using your fingers to help form the crumbs.

Bake for 15minutes or until you can out a toothpick in and it comes out clean. Allow to cool before you remove from the pan.

Calories per serving: 118 Fat: 2g 196mg of sodium, 24g carbs, 11g sugars, 2.5g protein