

# Cosmic Crisp Apple Muffins

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*cooking spray*  
*1 large Cosmic Crisp apple*  
*1 package (13.9 ounce)*  
*cinnamon streusel muffin*  
*mix*  
*1/2 cup water*  
*1/2 cup unsweetened*  
*applesauce*  
*2 large eggs*

Preheat the oven to 400 degrees.

Coat a twelve-cup muffin tin with cooking spray.  
Core the apple and cut into quarter-inch cubes.

Place the muffin mix in a large bowl. Add the apples, tossing to coat. Stir in the water, applesauce and eggs until blended.

Divide the batter evenly among the muffin cups.  
Top evenly with the streusel topping (from the muffin mix).

Bake for 15 to 20 minutes or until golden and the centers are set.

Cool for 5 minutes in the pan before carefully removing.

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Per Serving (excluding unknown items): 200 Calories; 10g Fat (45.1% calories from fat); 13g Protein; 15g Carbohydrate; 1g Dietary Fiber; 424mg Cholesterol; 146mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Fruit; 1 Fat.