



Banana Split S'more Whoopie Pies

READY IN



180 min.

SERVINGS



12

CALORIES



568 kcal

DESSERT

Ingredients

- ☐ 3 cups flour
- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup banana very ripe mashed (2 large or 3 small)
- ☐ 1 cup butter softened (2 sticks)
- ☐ 2 eggs
- ☐ 0.5 cup graham crackers crushed finely
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 add a hershey's chocolate kiss on top as done
- ☐ 12 scoops whipped cream (half of a Half Gallon carton)

- ☐ 0.5 cup marshmallows (cut into small pieces)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup walnut pieces (chopped)

Equipment

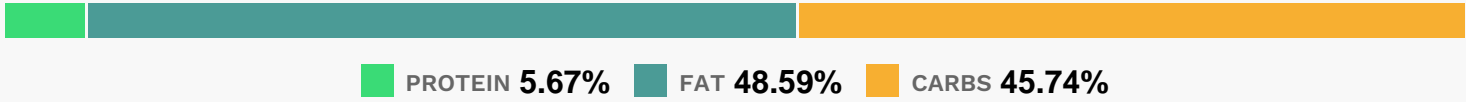
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Line two baking sheets with parchment paper; set to the side. Preheat your oven to 375°F.
- ☐ In a stand mixer fitted with the paddle attachment, mix the butter, sugar, and eggs thoroughly.
- ☐ Stir in the bananas, cream, and vanilla.
- ☐ Sift together the flour, baking soda, and salt; stir into the wet mixture.
- ☐ Fold in the nuts and marshmallows.
- ☐ Drop by rounded tablespoonfuls onto your prepared baking sheets; bake for 10 minutes, or until lightly browned on the edges. The marshmallows may have formed little pock-marks in the cookies; do not panic. They still taste great.
- ☐ Once the cookies have cooled for about 15 minutes, overturn them on a sheet of waxed or parchment paper so that the bottom sides are up.
- ☐ Place one square of the chocolate bar on top of each cookie-bottom. After about 2–3 minutes, the residual heat should allow the chocolate to melt; spread with a spoon to cover the entire exposed surface of the cookie. Leave them to set for about half an hour, or until the chocolate is firm.
- ☐ Spoon a scoop of Neapolitan ice cream (make sure to get a little of each flavor) on one of the cookie halves; place a second on top, chocolate side down, to form a sandwich.
- ☐ Sprinkle crushed graham crackers on the exposed ice cream on the sides. Wrap in waxed paper and place in the freezer for at least an hour to set. Repeat with the remaining cookies.

- ☐ Variation: If you prefer not to use ice cream, substitute two toasted marshmallows for the ice cream in step
- ☐ Sprinkle crushed graham crackers on the sides.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:38.78, Glycemic Load:43.12, Inflammation Score:-6, Nutrition Score:10.668695532757%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 567.93kcal (28.4%), Fat: 31.06g (47.79%), Saturated Fat: 17.27g (107.92%), Carbohydrates: 65.8g (21.93%), Net Carbohydrates: 63.69g (23.16%), Sugar: 35.83g (39.81%), Cholesterol: 108.39mg (36.13%), Sodium: 450.13mg (19.57%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 8.16g (16.31%), Vitamin B2: 0.4mg (23.55%), Selenium: 15.04µg (21.48%), Manganese: 0.42mg (21.13%), Vitamin B1: 0.31mg (20.49%), Vitamin A: 944.94IU (18.9%), Folate: 73.93µg (18.48%), Phosphorus: 155.32mg (15.53%), Calcium: 114.59mg (11.46%), Iron: 2mg (11.14%), Vitamin B3: 2.22mg (11.12%), Fiber: 2.11g (8.43%), Copper: 0.16mg (7.97%), Magnesium: 31.46mg (7.87%), Potassium: 262.75mg (7.51%), Vitamin B5: 0.75mg (7.49%), Zinc: 1.06mg (7.03%), Vitamin B6: 0.14mg (6.9%), Vitamin B12: 0.37µg (6.18%), Vitamin E: 0.87mg (5.8%), Vitamin D: 0.44µg (2.92%), Vitamin K: 2.15µg (2.05%), Vitamin C: 1.61mg (1.95%)