



Homemade Moon Pies

READY IN



45 min.

SERVINGS



15

CALORIES



676 kcal

DESSERT

Ingredients

- ☐ 3 cups flour
- ☐ 2.5 cups graham flour
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 1.5 cups butter unsalted (3 sticks)
- ☐ 0.5 cup t brown sugar dark
- ☐ 0.5 cup blackstrap molasses

- ☐ 0.3 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 15 oz marshmallow creme
- ☐ 15 oz bittersweet chocolate sweet
- ☐ 0.3 cup cooking oil

Equipment

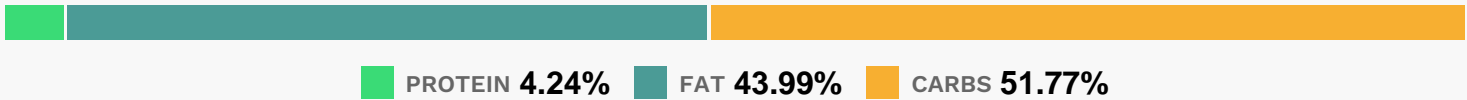
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ double boiler
- ☐ cookie cutter
- ☐ stand mixer

Directions

- ☐ Mix flours, salt, baking soda, baking powder and cinnamon in a large bowl until fully incorporated.
- ☐ Cut butter into cubes and beat in stand mixer until fluffy.
- ☐ Add sugar, and vanilla to butter and beat until well combined.
- ☐ Add dry ingredients and beat until a crumbly mixture evolves.
- ☐ Add molasses, then milk until a stiff dough forms.
- ☐ Chill dough for one hour.
- ☐ Preheat oven to 350° F
- ☐ Roll out dough, about 1/4-inch thick (or a little less) on lightly dusted surface.
- ☐ Cut circles out with cookie cutter.
- ☐ Bake until edges are slightly brown, about 15 minutes.
- ☐ Let cool completely.

- ☐ Spread marshmallow creme on half of the cooled cookies and top with another cookie,making a sandwich.
- ☐ Place marshmallow sandwiches in freezer for about 30 minutes.
- ☐ Using a double boiler (or a bowl set over barely simmering water) melt/temper chocolate and oil, stirring occasionally.
- ☐ Carefully dip each sandwich in the chocolate until covered.
- ☐ Transfer to a cooling rack with parchment paper underneath (to catch the drippings) after about 20 minutes transfer to a parchment lined pan and let sit at room temperature until the coating is firm (this may take several hours)
- ☐ Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:16.93, Glycemic Load:17.63, Inflammation Score:-6, Nutrition Score:11.599130428356%

Nutrients (% of daily need)

Calories: 675.51kcal (33.78%), Fat: 33.73g (51.89%), Saturated Fat: 18.3g (114.36%), Carbohydrates: 89.32g (29.77%), Net Carbohydrates: 83.67g (30.43%), Sugar: 43.66g (48.51%), Cholesterol: 50.99mg (17%), Sodium: 269.88mg (11.73%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 24.38mg (8.13%), Protein: 7.32g (14.64%), Manganese: 0.74mg (36.82%), Iron: 4.3mg (23.86%), Copper: 0.45mg (22.61%), Fiber: 5.64g (22.58%), Magnesium: 84.33mg (21.08%), Selenium: 13.25µg (18.93%), Vitamin B1: 0.21mg (14.23%), Phosphorus: 119.94mg (11.99%), Vitamin A: 588.23IU (11.76%), Folate: 46.51µg (11.63%), Potassium: 373.57mg (10.67%), Vitamin B3: 1.84mg (9.21%), Vitamin E: 1.37mg (9.11%), Vitamin B2: 0.15mg (8.9%), Calcium: 77.35mg (7.74%), Zinc: 1mg (6.67%), Vitamin K: 6.4µg (6.1%), Vitamin B6: 0.1mg (5.11%), Vitamin B5: 0.34mg (3.35%), Vitamin D: 0.39µg (2.57%), Vitamin B12: 0.11µg (1.86%)