



Mini Whoopie Pies

READY IN



34 min.

SERVINGS



36

CALORIES



120 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.7 cups powdered sugar
- ☐ 1 large eggs
- ☐ 1 cup granulated sugar
- ☐ 2 cups marshmallow creme
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt fine
- ☐ 1.3 cups flour all-purpose
- ☐ 1 stick butter unsalted softened

- ☐ 0.5 cup cocoa powder unsweetened such as droste
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup flour whole-wheat

Equipment

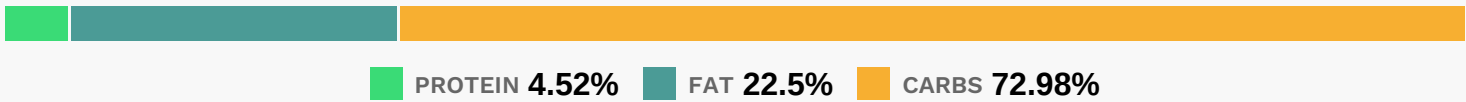
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Arrange the oven racks in the upper and lower thirds of the oven and preheat the oven to 425°F. Line 2 large baking sheets with parchment paper.
- ☐ Whisk together the flours, cocoa, baking soda and salt in a medium bowl.
- ☐ Cream the butter and sugar in the bowl of an electric mixer at high speed until fluffy, about 4 minutes.
- ☐ Add the egg and milk and beat at medium speed until incorporated. At low speed, add the flour mixture in 2 batches, alternating with the milk, mixing until just blended.
- ☐ Using a half-tablespoon measure, drop 18 generous teaspoons of batter onto each sheet, leaving about 2 inches between cakes.
- ☐ Bake the 2 sheets at the same time, 5 to 7 minutes, until springy to touch.
- ☐ Let cool on the sheets for 5 minutes, and transfer to racks to cool completely. Change the parchment and repeat using the remaining batter (72 cakes in total).
- ☐ Beat the butter and confectioners' sugar at low speed until blended and then beat at high speed until fluffy, about 5 minutes.
- ☐ Add the vanilla and marshmallow cream and mix at low speed until blended, about 1 minute.
- ☐ Match pairs of cake with the same shapes and spread the bottom side of 1 cake with filling and sandwich together with the other cake. (Store the finished whoopee pies in a covered plastic container and chill for up to 3 days.)

- ☐ Nutrition Data
- ☐ Real Food For Healthy Kids reprinted with permission of William Morrow/An Imprint of Harper
- ☐ Collins Publishers.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:6.39, Inflammation Score:-1, Nutrition Score:2.2408695557843%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 120.47kcal (6.02%), Fat: 3.18g (4.89%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 22.39g (8.14%), Sugar: 15.7g (17.44%), Cholesterol: 12.73mg (4.24%), Sodium: 52.95mg (2.3%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 1.44g (2.87%), Manganese: 0.18mg (8.93%), Selenium: 3.84µg (5.49%), Vitamin B1: 0.05mg (3.47%), Fiber: 0.83g (3.31%), Phosphorus: 32.73mg (3.27%), Copper: 0.06mg (3.21%), Magnesium: 11.39mg (2.85%), Vitamin B2: 0.05mg (2.79%), Iron: 0.49mg (2.72%), Folate: 10.17µg (2.54%), Vitamin B3: 0.42mg (2.08%), Vitamin A: 97.15IU (1.94%), Zinc: 0.23mg (1.51%), Calcium: 13.03mg (1.3%), Potassium: 45.02mg (1.29%)