



Mini Whoopie Pies

READY IN



25 min.

SERVINGS



16

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon espresso powder dissolved in 1 teaspoon warm water instant
- ☐ 0.7 cup marshmallow crème
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup butter unsalted softened ()
- ☐ 1 cup apple sauce unsweetened
- ☐ 0.7 cup cocoa powder unsweetened (not Dutch-processed)
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup vegetable oil

Equipment

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

Directions

- ☐ To make cookies: Preheat oven to 35
- ☐ In a medium bowl, combine flour and next 3 ingredients (through salt); stir well with whisk until there are no lumps. In a separate bowl, combine applesauce and next 6 ingredients (through vanilla); stir well with whisk. Fold dry ingredients into wet ingredients.
- ☐ Using a tablespoon measure, spoon 32 cookies about 2 inches apart on 2 parchment paper-lined baking sheets.
- ☐ Bake, rotating pans halfway through, until the cookies are puffed and set (8-10 minutes).
- ☐ Let sit on hot pans 2 minutes; cool completely on wire rack.
- ☐ Combine marshmallow crme and butter in a medium bowl. Beat with a hand mixer at medium-high speed; gradually stir in powdered sugar, then vanilla. Beat at medium-high speed until light and fluffy, about 3 minutes. (Note: Makes 3/4 cup filling.)
- ☐ To assemble pies: Sandwich cooled cookies with 3/4 tablespoon filling.

Nutrition Facts



PROTEIN 4.63% **FAT 36.75%** **CARBS 58.62%**

Properties

Glycemic Index:15.76, Glycemic Load:11.32, Inflammation Score:-3, Nutrition Score:4.4891304581062%

Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 7.86mg, Epicatechin: 7.86mg, Epicatechin: 7.86mg, Epicatechin: 7.86mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 194.38kcal (9.72%), Fat: 8.37g (12.88%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 28.24g (10.27%), Sugar: 17.08g (18.98%), Cholesterol: 19.25mg (6.42%), Sodium: 118.87mg (5.17%), Alcohol: 0.13g (100%), Alcohol %: 0.27% (100%), Caffeine: 10.2mg (3.4%), Protein: 2.37g (4.75%), Manganese: 0.22mg (11.25%), Vitamin K: 9.59µg (9.13%), Selenium: 5.65µg (8.08%), Copper: 0.16mg (8.05%), Fiber: 1.82g (7.27%), Vitamin B1: 0.1mg (6.96%), Iron: 1.19mg (6.59%), Folate: 25.66µg (6.41%), Vitamin B2: 0.09mg (5.56%), Phosphorus: 55.22mg (5.52%), Magnesium: 21.75mg (5.44%), Vitamin B3: 0.83mg (4.15%), Vitamin E: 0.56mg (3.7%), Calcium: 31.9mg (3.19%), Zinc: 0.38mg (2.51%), Potassium: 86.65mg (2.48%), Vitamin A: 109.93IU (2.2%), Vitamin B6: 0.03mg (1.35%), Vitamin B5: 0.12mg (1.19%)