



Oatmeal-Apple Cream Pies

 Vegetarian

READY IN



50 min.

SERVINGS



50

CALORIES



71 kcal

DESSERT

Ingredients

- 0.3 cup spiced apple butter
- 0.7 cup apples peeled chopped
- 0.5 tsp double-acting baking powder
- 0.3 tsp baking soda
- 0.5 cup brown sugar packed
- 0.3 cup butter
- 3 Tbsp butter
- 1 eggs

- 0.8 cup flour
- 0.3 cup granulated sugar
- 0.3 tsp ground cinnamon
- 4 oz philadelphia neufchatel cheese softened ()
- 2 cups powdered sugar
- 1 cup rolled oats
- 0.5 tsp vanilla

Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 375F.
- Note: The apple butter and Neufchatel cheese mixture MUST be made first. With a hand mixer, mix Neufchatel cheese, 3 Tbsp. butter and apple butter. Slowly add powdered sugar and mix until smooth.
- Place in the refrigerator immediately.
- Mixture needs to become more solid for easier spreading.
- To make the cookies, start by mixing 1/3 cup of butter in a large bowl.
- Add brown sugar, granulated sugar, baking powder, baking soda and cinnamon; mix well.
- Once mixed, beat in egg and vanilla. Beat in flour. Stir in oats and apples.
- Drop cookie dough onto an ungreased cookie sheet (12 per batch= 2 batches).
- Bake for 8 to 10 minutes or until done. Allow to cool.
- Once cooled, remove the Neufchatel cheese mixture from the refrigerator.
- Spread mixture on bottom side of one cookie, then add another cookie to make a sandwich. Repeat with remaining cookies.

Nutrition Facts

PROTEIN 4.18% FAT 32.89% CARBS 62.93%

Properties

Glycemic Index:8.82, Glycemic Load:2.2, Inflammation Score:-1, Nutrition Score:0.98434782676075%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 71.29kcal (3.56%), Fat: 2.65g (4.08%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 11.14g (4.05%), Sugar: 8.6g (9.56%), Cholesterol: 10.04mg (3.35%), Sodium: 36.29mg (1.58%), Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 0.76g (1.52%), Manganese: 0.08mg (4.06%), Selenium: 1.53µg (2.19%), Vitamin A: 84.18IU (1.68%), Vitamin B1: 0.02mg (1.57%), Phosphorus: 15.52mg (1.55%), Vitamin B2: 0.02mg (1.29%), Folate: 4.84µg (1.21%), Iron: 0.21mg (1.15%), Fiber: 0.28g (1.13%)