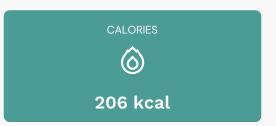


Pancake Whoopie Pies

READY IN

35 min.





DESSERT

Ingredients

2 toblespasses grapulated sugar
2 tablespoons granulated sugar
2 teaspoons double-acting baking powder
1 teaspoon vanilla
1.5 cups buttermilk
1 eggs
4 oz cream cheese softened (half of 8-oz package)

0.3 cup granulated sugar

0.5 teaspoon peppermint flavoring

	1 cup whipping cream	
	2 cups frangelico	
Equipment bowl		
	frying pan	
	whisk hand mixer	
Dir	rections	
	In medium bowl, stir baking mix, 2 tablespoons sugar, the baking powder and vanilla until blended.	
	Add buttermilk and egg, stirring with fork or whisk until blended. In medium bowl, beat cream cheese, 1/3 cup sugar and the maple flavor with electric mixer on medium speed 1 minute or until smooth, scraping bowl occasionally. Gradually beat in whipping cream on high speed 2 minutes or until stiff peaks form.	
	Heat griddle or skillet over medium-high heat (375°F). Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour 2 tablespoons batter onto hot griddle. Cook until bubbles form on top and edges are dry. Turn; cook other side until golden brown. Cool completely.	
	For each whoopie pie, spread 2 heaping tablespoons maple cream on 1 pancake. Top with second pancake; gently press together. Store covered in refrigerator.	
	Nutrition Facts	
	PROTEIN 6.52% FAT 67.26% CARBS 26.22%	
Properties		

Glycemic Index:32.24, Glycemic Load:8.05, Inflammation Score:-4, Nutrition Score:3.8256521941689%

Nutrients (% of daily need)

Calories: 206.34kcal (10.32%), Fat: 15.7g (24.16%), Saturated Fat: 9.54g (59.63%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 13.77g (5.01%), Sugar: 13.33g (14.81%), Cholesterol: 65.19mg (21.73%), Sodium: 190.01mg (8.26%), Alcohol: 0.15g (100%), Alcohol %: 0.2% (100%), Protein: 3.43g (6.85%), Calcium: 130.79mg (13.08%),

Vitamin A: 650.35IU (13.01%), Vitamin B2: 0.17mg (10.13%), Phosphorus: 92mg (9.2%), Selenium: 4.92µg (7.03%), Vitamin D: 1.04µg (6.94%), Vitamin B12: 0.3µg (4.96%), Vitamin B5: 0.37mg (3.66%), Potassium: 103.54mg (2.96%), Vitamin E: 0.43mg (2.87%), Zinc: 0.34mg (2.29%), Magnesium: 7.87mg (1.97%), Vitamin B6: 0.04mg (1.96%), Vitamin B1: 0.03mg (1.93%), Folate: 6.49µg (1.62%), Iron: 0.24mg (1.34%), Vitamin K: 1.25µg (1.19%)