



Pumpkin Whoopie Pies

 Dairy Free

READY IN



75 min.

SERVINGS



18

CALORIES



214 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 1 tablespoon flour all-purpose
- 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.3 cup butter softened
- 2 teaspoons ground cinnamon
- 1 eggs
- 0.7 cup marshmallow creme (from 7-oz jar)
- 0.3 cup butter softened

0.7 cup powdered sugar

Equipment

bowl

baking sheet

oven

hand mixer

Directions

Heat oven to 375°F. In large bowl, stir together cookie mix and flour.

Add remaining cookie ingredients; stir until stiff dough forms.

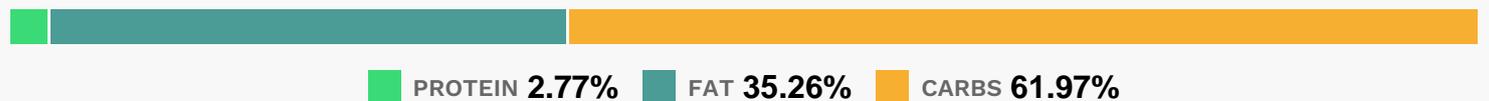
Onto ungreased cookie sheets, drop dough by 36 rounded teaspoonfuls 2 inches apart. Lightly press tops with floured fingertips to flatten slightly.

Bake 8 to 10 minutes or until set. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely, about 15 minutes.

In medium bowl, beat filling ingredients with electric mixer until light and fluffy. For each whoopie pie, spread about 2 teaspoons of the filling on bottom of 1 cooled cookie. Top with second cookie, bottom side down; gently press together. Store tightly covered in refrigerator.

Sprinkle with additional powdered sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:1.922173915026%

Nutrients (% of daily need)

Calories: 213.88kcal (10.69%), Fat: 8.51g (13.09%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 32.88g (11.96%), Sugar: 20.04g (22.27%), Cholesterol: 9.09mg (3.03%), Sodium: 177.22mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin A: 936.94IU (18.74%), Manganese: 0.07mg (3.63%), Fiber: 0.75g (3.01%), Folate: 9.04µg (2.26%), Vitamin B2: 0.04mg (2.09%), Vitamin E: 0.29mg (1.94%), Vitamin B1: 0.02mg (1.53%), Iron: 0.26mg (1.46%), Selenium: 1.01µg (1.44%), Vitamin B5: 0.13mg (1.32%), Phosphorus:

10.74mg (1.07%)