

Pumpkin Whoopie Pies

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Makes 14

All Plans – 1 whoopie pie is 2 points, 2 whoopie pies are 5 points

Cookies

- 1 cup flour
- 1 tsp pumpkin pie spice
- 1 tsp cinnamon
- 1/2 tsp baking soda
- pinch salt
- 1 egg
- 1/3 cup +2 Tbsp zero calorie brown sugar substitute
- 1/2 cup pure pumpkin puree
- 4 oz unsweetened applesauce

Filling

- 1/2 cup zero calories confectioners sugar such as Lakanto Monkfruit Confectioners sugar or Swerve Confectioners Sugar
- 2 Tbsp light butter
- 1/2 Tbsp sugar free syrup OR 1 tsp maple extract
- 2 Tbsp marshmallow fluff
- 2 ounces whipped cream cheese

Cookies

1. In a medium bowl, combine flour, pumpkin pie spice, cinnamon, baking soda and salt. Whisk to combine. Set aside
2. In a large bowl, add egg, brown sugar, pumpkin and apple sauce. Mix on medium for 4 to 5 minutes until smooth and light brown in color.
3. Add flour to egg mixture and mix until combined. Do not over mix
4. Place 1 tablespoon in each well of a whoopie pie pan or pipe or drop a tablespoon on a parchment lined cookie sheet. Leave about 2 inches between each one.
5. Bake at 350 for 7 minutes. While they are cooking, prepare filling

Filling

1. In a bowl, sift confectioners sugar. Add in butter, syrup, marshmallow cream and cream cheese.
2. Beat until smooth and fluffy. About 4 minutes on med-high
3. Refrigerate while cookies are cooking and cooling. so it sets up a bit.

Assembly

1. Place a little less than a tablespoon on the flat side of one cookie, top with another cookie. Store in refrigerator.