

## PUMPKIN WHOOPIE PIES

**SERVES:** 9 (1 pie each) **Prep Time:** 20 min. **Cooking Time:** 40 min.

**CONTAINER EQUIVALENTS** (per serving):  1½  ½  1

### FOR COOKIES:

<b>1 cup</b>	<b>dry old-fashioned rolled oats, gluten-free</b>
<b>½ cup</b>	<b>gluten-free all-purpose flour</b>
<b>½ tsp.</b>	<b>ground cinnamon</b>
<b>¼ tsp.</b>	<b>baking powder, gluten-free</b>
<b>¼ tsp.</b>	<b>sea salt (or Himalayan salt)</b>
<b>¼ cup</b>	<b>extra-virgin organic coconut oil</b>
<b>¼ cup</b>	<b>coconut sugar</b>
<b>1</b>	<b>large egg</b>
<b>½ tsp.</b>	<b>pure vanilla extract</b>
<b>½ cup</b>	<b>chopped raw walnuts</b>

### SPECIAL EQUIPMENT:

**Parchment paper**  
**Nonstick cooking spray**

### FOR PUMPKIN FILLING:

<b>¼ cup</b>	<b>heavy whipping cream</b>
<b>½ tsp.</b>	<b>unflavored gelatin (preferably from grass-fed cows)</b>
<b>½ cup</b>	<b>100% pure pumpkin puree</b>
<b>2 Tbsp.</b>	<b>coconut sugar</b>
<b>1 pinch</b>	<b>sea salt (or Himalayan salt)</b>
<b>¼ tsp.</b>	<b>ground cinnamon</b>
<b>¼ tsp.</b>	<b>ground ginger</b>
<b>¼ tsp.</b>	<b>ground nutmeg</b>
<b>1 dash</b>	<b>ground cloves</b>
<b>½ tsp.</b>	<b>pure vanilla extract</b>

### FOR COOKIES:

1. Preheat oven to 350° F.
2. Line baking sheet with parchment paper and lightly coat with spray.
3. Combine oats, flour, cinnamon, baking powder, and salt in a large bowl; mix well. Set aside.
4. Combine oil and sugar in a medium mixing bowl with a stand mixer (or electric mixer); beat until light and fluffy.
5. Add egg and extract; beat until well blended.
6. Gently fold in oat mixture using a spoon (or clean hands); mix until just blended.
7. Fold in walnuts; mix until just blended.
8. Spread 18 rounded Tbsp. of dough onto prepared baking sheet.
9. Bake 15 to 18 minutes, rotating baking sheet once halfway through, or until golden brown.
10. Cool cookies completely before filling (hot cookies will melt the cream filling).

### FOR PUMPKIN FILLING:

1. While cookies are baking, combine cream and gelatin in a large mixing bowl; whisk to blend. Let stand for 5 minutes.
2. Add pumpkin, sugar, salt, cinnamon, ginger, nutmeg, cloves, and extract to cream mixture; whisk to blend.
3. Add pumpkin mixture to a large skillet. Bring to a gentle boil, over medium heat, stirring constantly. Reduce heat to medium-low; cook, stirring constantly, for 3 to 5 minutes, or until mixture has thickened slightly.
4. Place pumpkin mixture in heat-proof bowl, then place bowl in ice bath. Chill for 5 to 10 minutes, or until pumpkin mixture has set to the consistency of pudding.
5. Transfer pumpkin filling to a large resealable plastic bag. Refrigerate until it's time to fill the pies.

### FOR WHOOPIE PIES:

1. Snip off one corner of plastic bag (containing pumpkin filling) with a pair of scissors.
2. Pipe approx. 1 Tbsp. filling on the flat bottom of a cookie; press another cookie on top to form a sandwich. Continue with remaining cookies and filling until nine pies are complete.
3. Whoopie pies may be enjoyed immediately or refrigerated in an air-tight container for up to 4 days.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 220 **Total Fat:** 14 g **Saturated Fat:** 8 g **Cholesterol:** 30 mg **Sodium:** 105 mg **Carbohydrates:** 21 g **Fiber:** 3 g **Sugars:** 9 g **Protein:** 4 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.