



Recipe developed by Chef Paige Vondran

WHOOPIE PIE

	Ingredients	Exchanges
Heavy Cream	20 g whipped heavy cream	
Protein	17.2 g egg whites, whipped	1 (+1 g fat)
	16.7 g Bob's Red Mill® hazelnut flour	2.7 (-6.65 g fat)
Fat	16.8 g butter, softened (in icing)	4.5 (-5.75 g fat)
	7.5 g butter, softened (in cookie dough)	1.5
Carbohydrate	0.9 g unsweetened cocoa powder	0.7
	3.2 g Hershey's® sugar free chocolate syrup	0.6
Other	2 tsp. Walden Farms® chocolate syrup	
	2 drops liquid stevia	

DIRECTIONS

- Preheat the oven to 350° F.
- Weigh the ingredients using a gram scale.
- In a small bowl, mix all of the cookie dough ingredients shaded in purple.
- Line a baking sheet with parchment paper.
- Form two cookies equal in size on the baking sheet.
- Place in the preheated oven and bake for 15-20 minutes until firm.
- While the cookies are baking, whip together the icing filling ingredients shaded in black.
- Remove cookies from the oven and allow to **fully** cool.
- Scoop the icing filling between the two cookies to form a whoopie pie.
- Serve chilled.

NOTES

- If your meal plan includes additional fat, you may add extra butter into the filling.
- You may flavor the icing filling with Walden Farms® products such as strawberry jam, blueberry syrup, etc.
- You may adjust the sweetness level in the icing filling by adding more of less of the liquid stevia or saccharin.