

Pumpkin Chocolate Chip Whoopie Pies

THM-Friendly: S

COOKIE INGREDIENTS:

- 1/2 cup egg whites or "EggBeaters"
- 1/2 cup THM [Gentle Sweet](#)
- 1/2 cup pure pumpkin puree
- 1/2 cup butter, softened
- 1/2 tsp. [vanilla extract](#)
- 1/4 tsp. [mineral salt](#)
- 1 tsp. pumpkin pie spice
- 1 tsp. baking powder
- 2 Tbsp. THM [Baking Blend](#) (or coconut flour)
- 1 cup THM [No Carb Easy Bread](#) (dry mix)
- 1/2 cup sugar-free chocolate chips

Mix all together well in a bowl. Scoop out the batter with a medium-sized scoop and lightly flatten each one. (Makes about 12.) If you like your whoopie pies thinner, feel free to flatten them more. Bake at 350° for 14 - 18 minutes. Let cool completely.

FILLING INGREDIENTS:

- 12 ounces of whipped cream cheese (you could replace this with 8 ounces of softened regular or 1/3 less fat cream cheese)
- 1 cup unsalted butter, softened
- 1 cup [THM Gentle Sweet](#)
- 1/4 cup heavy whipping cream
- 1/2 tsp. cinnamon, optional
- 1/2 tsp. [vanilla extract](#) (or any extract you prefer)
- a pinch of [mineral salt](#)

Whip all the filling ingredients until light and fluffy. Refrigerate for 30 minutes before filling the whoopie pies. Store your whoopie pies in the refrigerator.

en**JOY!**

