

# ONE BITE

VEGAN MAGAZINE

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## CONTACT Us

Call:

857-209-8525

Email:

[kevin@onebitevegan.com](mailto:kevin@onebitevegan.com)

Website:

[www.OneBiteVegan.com](http://www.OneBiteVegan.com)

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# Pumpkin Whoopie Pies with Spiced Maple Cream

By: Dawn Karwoski

## INGREDIENTS

### Pumpkin Whoopie Pies

- 1 cup creamy no-salt-added raw nut butter (Cashew, Pecan, or Almond)
- 1 cup plain pumpkin purée
- 2 egg replacers
- 1/3 cup pure maple syrup
- 2 teaspoons pure vanilla extract
- 1/3 cup coconut flour
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt

### Spiced Maple Cream

- 8 ounces palm shortening, at room temperature
- 1/2 cup plain pumpkin purée
- 1/4 cup pure maple syrup
- 1/4 cup maple sugar (can sub coconut sugar)
- 4 tablespoons coconut butter, softened (heat in microwave for about 20 seconds)
- 1/2 teaspoon pure vanilla extract
- 2 teaspoons pumpkin pie spice
- 1 teaspoon cinnamon
- 1/4 teaspoon kosher salt
- 1-3 tablespoons coconut flour (optional)



## INSTRUCTIONS

### Pumpkin Whoopie Pies

1. Preheat the oven to 350 degrees, and line 2 baking sheets with Silpats or parchment paper. Set aside.
2. In the bowl of a stand mixer, or in a large mixing bowl, add nut butter, eggs replacers, pumpkin, maple syrup, and vanilla. Beat on medium until combined and smooth, about 2 minutes. Scrape down the sides of the bowl.
3. Sift together dry ingredients, then add to wet ingredients with mixer on low. Mix until just combined. The dough will be a bit loose and sticky.
4. Scoop 2 tablespoons of dough and plop on a baking sheet, using the back of a spoon to swirl the dough together into an even layer. Continue with remaining dough, leaving 1-2 inches of space in between each.
5. Bake in the preheated oven for 10-12 minutes until edges are lightly golden and set, but centers are still soft.
6. Remove from oven, place baking sheets on cooling racks, and let cool completely. Pies must be cool before removing from the pan and filling with cream.

### Spiced Maple Cream

1. Add all ingredients to the bowl of a stand mixer, or in a large mixing bowl. Beat on medium-high until light and fluffy. Adjust seasons to taste.
2. If you prefer a thicker filling, add coconut flour until desired texture is reached.

### Assembly

1. Using a large spatula, remove cooled whoopie pies from the pan.
2. Take one half and dollop 2-3 tablespoons cream in the center. Top with a second pie and smooch together slightly to spread out the cream. Repeat with remaining whoopie pies.
3. Store pies in the refrigerator. They can be enjoyed cold or at room temperature.



## ABOUT THE AUTHOR

Dawn runs the health-centric blog, Our Food Fix, along with her husband Garrett. Both obsessed with all things food, they share real food recipes, wellness resources, and planning & efficiency tips. Dawn is a meeting/event planner by day, and blogs in the evenings to satisfy her love of writing, educating others, and connecting with like-minded individuals. She avidly studies nutrition and healthy living and aims to inspire everyone to live a happier healthier life. Learn more about Dawn at [ourfoodfix.com](http://ourfoodfix.com).

