

Healthy Pumpkin Whoopie Cookies

Mrs. Nancy Troyer

1½ c. Sucanat or fructose
2 c. pumpkin
1 c. butter
1 tsp. vanilla
2 eggs
3 c. speltz
2½ tsp. cinnamon
1 tsp. cloves
1 tsp. soda
2 tsp. baking powder
1 tsp. salt
2 c. carob chips

Filling:

5 Tbsp. flour
1¼ c. milk
½ c. butter
1 c. Crisco
¾ c. sugar or fructose

Cream together sweetener and butter. Beat in pumpkin, vanilla, and eggs; add spices, baking powder, and soda, then add speltz. Mix well. Add carob chips. These are very good. Bake at 350°. *To Make Filling:* Mix flour and milk and put in saucepan, cook till thick. Cool. Beat in butter, sugar, and Crisco.

Simple and Delicious Chocolate Whoopie Pies

Dena Hostetler

4 c. sugar
8 c. cake flour
2 c. cocoa powder
4 tsp. soda
1 tsp. salt
2 tsp. vanilla
½ c. vinegar
3½ c. water
1½ c. vegetable oil
Icing or Filling:
¾ c. milk
¾ c. flour
3 c. Crisco
1 tsp. vanilla
6 c. powdered sugar

Mix together dry ingredients with wire whip, then add the wet ingredients. Cake flour makes the best cookies, but other flour works as well. After all ingredients are together whip until smooth, add more or less flour or water to get texture perfect. This is a large batch that I use in my bakery. One batch makes around 55 sandwiches. You might want to cut it in half. *For Icing or Filling:* Cook together milk and flour until thick. Cool a little and add Crisco, vanilla and powdered sugar, more or less. Whip together.

From the Cookbook:

"Horse & Buggy Montana"

The food of the Amish community in St. Ignatius, Montana

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