



## Pumpkin Gingerbread Whoopie Pies



1/6th of recipe (1 whoopie pie): 167 calories, 2.5g total fat (1.5g sat fat), 239mg sodium, 34g carbs, 1g fiber, 19.5g sugars, 3g protein

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 7\***

**Prep:** 10 minutes    **Cook:** 10 minutes

**Cool:** 25 minutes



Tagged: [Dessert Recipes](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

#### Cake

1 1/4 cups (about 1/2 box) spice cake mix  
1/2 cup fat-free plain Greek yogurt  
2 tbsp. molasses  
3/4 tsp. cinnamon  
1/2 tsp. ground ginger  
1/8 tsp. ground nutmeg

#### Filling

1/2 cup natural light whipped topping (like the kind by TruWhip or So Delicious)  
1/3 cup canned pure pumpkin  
1 packet natural no-calorie sweetener (like Truvia)  
1/2 tsp. vanilla extract  
1/2 tsp. cinnamon  
Dash salt

### Directions

Preheat oven to 400 degrees. Spray a 12-cavity whoopie pie pan with nonstick spray. ([We got ours on Amazon!](#))

In a medium-large bowl, combine all cake ingredients. Add 2 tbsp. water, and mix thoroughly. (Batter will be thick.) Evenly distribute batter into the pan, and smooth out the tops.

Bake until a toothpick or knife inserted into one of the pieces comes out mostly clean, about 10 minutes.

Let cool completely, about 10 minutes in the pan and 15 minutes on a cooling rack.

In a medium bowl, mix filling ingredients until uniform.

Evenly top 6 pieces with filling. Top with remaining 6 pieces.

MAKES 6 SERVINGS

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.