



## 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

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

**Cool:** 25 minutes



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### 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**

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