

Peanut Butter and Jelly Whoopie Pies

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Servings: 15

FOR CAKES

1 1/2 cups flour
1 teaspoon baking powder
1/2 teaspoon salt
1 cup packed brown sugar
2/3 cup creamy peanut butter
1 stick (1/2 cup) unsalted butter, at room temperature
1 large egg
1 teaspoon vanilla extract
1/2 cup whole milk

FOR FROSTING

3 large egg whites
1/2 cup sugar
1/4 teaspoon salt
2 sticks (one cup) butter, cut into bits and at room temperature
1/2 cup Concord grape jelly, plus more for spreading

Preparation Time: 1 hour

Position a rack in the center of the oven and preheat to 350 degrees.

For the cakes: Whisk the flour, baking powder and salt in a medium bowl. In a large bowl, beat the brown sugar, peanut butter and butter with an electric mixer on medium-high for two minutes until light and fluffy. Beat in the egg and vanilla. Add the flour mixture and milk in two batches each, alternating between them and beating thoroughly after each addition.

Drop one heaping tablespoon of batter at a time onto two parchment-lined baking sheets, leaving about two inches in between. Swirl the top of each mound with your finger to make an even dome. Bake one sheet at a time (on the center rack only) until puffed and golden and the tops spring back to the touch, about 14 minutes. Let cool completely.

For the frosting: Meanwhile, bring about one inch of water to a boil in a medium saucepan; reduce to a simmer. Whisk the egg whites, sugar and salt in a medium bowl. Set the bowl over the simmering water in the saucepan and whisk constantly until the sugar is dissolved (rub the mixture between thumb and forefinger; it shouldn't be gritty) and the mixture is foamy and warm to the touch. Remove from the heat. Beat with an electric mixer on high until white, glossy, cool to the touch and stiff peaks form. Decrease the speed to medium and beat in the butter, one piece at a time. Increase the speed to high. Mixture will become soupy and then may appear curdled; keep beating until fluffy, like whipped cream. Add the jelly and beat until incorporated.

Spread one heaping tablespoon of frosting on the flat sides of half of the cooled cakes. Spread a thin layer of grape jelly on the flat sides of the remaining cakes. Sandwich together. Serve immediately or store in a covered container at room temperature for up to a few hours. Or you can refrigerate for up to two days. Bring back to room temperature before serving.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 303 Calories; 19g Fat (55.9% calories from fat); 3g Protein; 31g Carbohydrate; trace Dietary Fiber; 65mg Cholesterol; 290mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 4 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	303	Vitamin B6 (mg):	trace
% Calories from Fat:	55.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	40.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	19g	Folacin (mcg):	6mcg
Saturated Fat (g):	12g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	1
Cholesterol (mg):	65mg	% Refused:	0 0%
Carbohydrate (g):	31g		
Dietary Fiber (g):	trace		
Protein (g):	3g		
Sodium (mg):	290mg		
Potassium (mg):	97mg		
Calcium (mg):	50mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	720IU		
Vitamin A (r.e.):	179RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 15

Amount Per Serving

Calories 303 **Calories from Fat:** 169

% Daily Values*

Total Fat 19g	29%
Saturated Fat 12g	59%
Cholesterol 65mg	22%
Sodium 290mg	12%
Total Carbohydrates 31g	10%
Dietary Fiber trace	1%
Protein 3g	

Vitamin C	0%
Calcium	5%
Iron	6%

** Percent Daily Values are based on a 2000 calorie diet.*