

Pecan Pumpkin Gingerbread Whoopie Pies

*Alison Ladman - For the Associated Press
Palm Beach Post*

Yield: 20 small or 10 large pies

FOR THE CAKES

2 1/4 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
2 teaspoons ground ginger
1/2 teaspoon ground cloves
1/2 teaspoon ground allspice
1/2 cup (one stick) unsalted butter, room temperature
1/2 cup vegetable oil
2 cups packed dark brown sugar
3 tablespoons molasses
1 teaspoon vanilla extract
zest of one orange
2 tablespoons minced candied ginger
2 eggs
1 can (15 ounces) pumpkin puree'

FOR THE FILLING

2 packages (8 ounces ea) cream cheese
1 cup Marshmallow Fluff
1/2 cup (one stick) unsalted butter, room temperature
1/2 cup packed brown sugar
1 teaspoon vanilla extract
1 cup toasted chopped pecans

Preheat the oven to 350 degrees.

Line two large baking sheets with parchment paper.

In a medium bowl, sift together the flour, baking powder, baking soda, salt, cinnamon, ginger, cloves and allspice. Set aside.

In the bowl of an electric mixer, beat together the butter, oil, brown sugar, molasses and vanilla. Add the orange zest, candied ginger and eggs, then beat to combine. Beat in the pumpkin puree'. Stir in the flour mixture until thoroughly mixed.

Drop the dough in mounds (1/4 cup for large or two tablespoons for small) onto the prepared baking sheets, leaving several inches between each for spreading. You should make 20 or 40 cakes depending on whether you want small or large whoopie pies.

Bake for 15 to 20 minutes or until the cakes feel slightly firm to the touch. Allow to fully cool before filling.

To make the filling: In the bowl of an electric mixer, beat together the cream cheese, Fluff, butter, brown sugar and vanilla until smooth. Drop a large spoonful onto the flat side of half of the cakes. Use a second cake to top each, pressing the flat sides together.

Place the pecans in a large wide bowl. Roll the edge of each whoopie pie in the pecans to coat. Refrigerate in an airtight container.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 7331 Calories; 376g Fat (45.5% calories from fat); 78g Protein; 935g Carbohydrate; 10g Dietary Fiber; 1181mg Cholesterol; 5100mg Sodium. Exchanges: 14 1/2 Grain(Starch); 6 1/2 Lean Meat; 71 Fat; 46 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	7331	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	45.5%	Vitamin B12 (mcg):	3.4mcg
% Calories from Carbohydrates:	50.3%	Thiamin B1 (mg):	2.4mg
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	2.8mg
Total Fat (g):	376g	Folacin (mcg):	554mcg
Saturated Fat (g):	175g	Niacin (mg):	18mg
Monounsaturated Fat (g):	141g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	35g	Alcohol (kcal):	25
Cholesterol (mg):	1181mg	% Refused:	0 0%
Carbohydrate (g):	935g		
Dietary Fiber (g):	10g		
Protein (g):	78g		
Sodium (mg):	5100mg		
Potassium (mg):	3905mg		
Calcium (mg):	1415mg		
Iron (mg):	36mg		
Zinc (mg):	7mg		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	10599IU		
Vitamin A (r.e.):	2992 1/2RE		

Food Exchanges

Grain (Starch):	14 1/2
Lean Meat:	6 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	71
Other Carbohydrates:	46 1/2

Nutrition Facts

Amount Per Serving

Calories 7331 **Calories from Fat:** 3337

% Daily Values*

Total Fat 376g	579%
Saturated Fat 175g	877%
Cholesterol 1181mg	394%
Sodium 5100mg	213%
Total Carbohydrates 935g	312%
Dietary Fiber 10g	39%
Protein 78g	

Vitamin A	212%
Vitamin C	4%
Calcium	142%
Iron	200%

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