

Cleo Coyle's Whipped Cream Whoopie Pies!

Photos and text © by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as Cleo Coyle in collaboration with her husband, Marc Cerasini.

This is a lighter version of a classic Whoopie Pie. I replaced some of the butter with canola oil and used low-fat yogurt for nutrition. For added fiber, you can even replace half of the all-purpose flour with “white whole wheat” flour. The chocolate flavor is delicious and the texture soft and brownie-like. You can drop this batter into a bigger and thicker cookie. Or you can drop the batter into smaller cookies, which are absolutely perfect for making tasty, little ice cream sandwiches—my summertime version of a Whoopie Pie! On the ice cream sandwich making: I’ve used softened frozen yogurt, ice cream, and gelato. But my favorite version is a “cheater” ice cream sandwich using whipped cream or Cool Whip, which is even lower in fat and calories. It’s also economical because the price of low-fat frozen desserts is getting crazy. So while my homemade frozen treats are about the same calories as a Weight Watchers ice cream sandwich, they’re also fun to make. You control your flavor and ingredients, and they’re also much easier on ye olde budget. A reason to... Eat with joy! ~ Cleo

Makes about 24 large or 48 small, soft brownie-like cookies

Ingredients

- 5 tablespoons butter, melted
- 1/3 cup oil (*I use canola*)
- 1-1/2 cups all-purpose flour*
- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon Kosher salt or coarse sea salt
- 3/4 cup light brown sugar
- 1/2 cup white, granulated sugar
- 1 cup plain yogurt (*you can use low-fat but do not use nonfat; you can also use sour cream*)
- 2 large eggs, lightly beaten with fork
- 1 teaspoon pure vanilla extract

**To add more fiber to the recipe, consider replacing half of the all-purpose flour with “white whole wheat” flour.*

Step 1 – Preheat oven to 350° F. Next melt the butter in a saucepan. Stir in the oil and set aside to cool.

Step 2 – *One bowl mixing method:* Sift together flour, unsweetened cocoa, baking powder, baking soda, and salt. Now add in your two sugars, yogurt, eggs, and vanilla. Finally add the cooled melted butter and oil mixture. With a spoon or rubber spatula, mix by hand until flour is completely incorporated into a thick batter. Now stir about 50 strokes to blend well. Do not over-mix or you’ll develop the gluten in the flour and your Whoopie Pie cookies will be tough instead of tender.



To see recipes from Cleo Coyle's latest culinary mystery, *Once Upon a Grind*, [click here](#).





Step 3 – Line a baking sheet with parchment paper. Batter will be thicker than cake batter but thinner than cookie dough. Drop in small mounds with a few inches of space between. Use a tablespoon for large cookies, a teaspoon for smaller ones. Using the back of the spoon, lightly swirl the mounds into even, level, flattish circles.



Step 4 – Bake smaller cookies for about 8 minutes, larger ones for about 10. Remove from oven. I like to slide the entire strip of parchment paper onto the wire rack—this saves time and avoids disturbing the shape of the cookies by moving one at a time with a spatula. Sandwich together with softened ice cream, frozen yogurt, gelato, or try whipped cream!



CHEATER ICE CREAM SANDWICHES: For a lower calorie and lower fat alternative to ice cream, use *whipped cream* or *Cool Whip*.

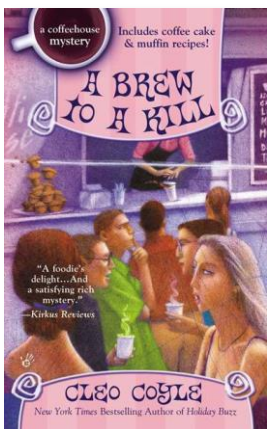
TROUBLESHOOTING NOTES:

(A) Line plate: When making ice cream sandwiches, be sure to cover your plate with wax paper or plastic wrap before placing in the freezer or the bottom half of your sandwich

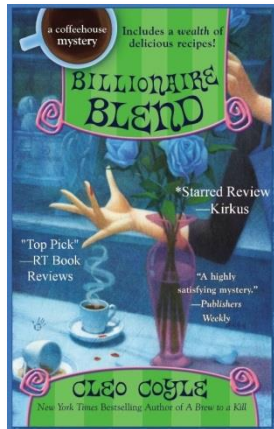
may stick to the plate. After filling each sandwich, wrap them separately, and store in the freezer.

(B) Cover gently: When using whipped cream, be sure to place the top cookie on very gently.

(C) Allow time to freeze: The whipped cream will freeze after two to three hours. If using whipped cream in a can, you'll need to double dose the cream after about an hour in the freezer. Here's why: After the initial hit, the air in the cream deflates. But no worries. The double dosing really does the trick! (See the results on page 1 of this recipe.)



[A Brew to a Kill](#)
B&N “Must-Read Mystery”
Free Recipe Guide [here](#).

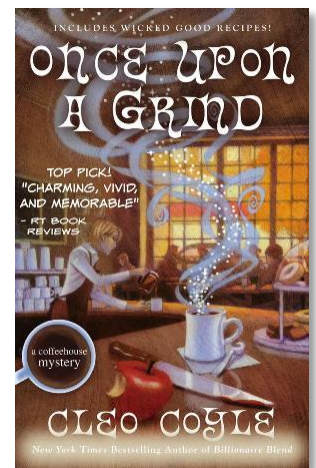


[Billionaire Blend](#)
*Starred Review —Kirkus
Free Recipe Guide [here](#).

Eat with joy!

Cleo Coyle’s [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes.

To learn more and see more recipe, visit Cleo’s online coffeehouse at www.CoffeehouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



[Once Upon a Grind](#)
Best of the Year Pick ~ KRL
Free Recipe Guide [here](#).