



Makes 12 whoopie pies
Preparation Time: 30 minutes
Cook Time: 15 minutes

INGREDIENTS:

1 cup raw cashews, soaked (see tip in intro)

1½ cups pitted dates

1 cup freeze-dried strawberries, crushed in a blender, food processor, or by hand

2 teaspoons tapioca starch

3 teaspoons pure vanilla extract

1 cup applesauce

1 cup mashed bananas (about 2 bananas)

¾ cup unsweetened, unflavored almond milk

1 cup spelt flour

½ cup brown rice flour

½ cup unsweetened cocoa powder

2 teaspoons regular or sodium-free baking powder

½ teaspoon baking soda

½ teaspoon sea salt

Chocolate-Strawberry Vegan Whoopie Pies

Rich strawberry cream is sandwiched between homemade chocolate cookies for these vegan whoopie pies. Freeze-dried strawberries are the secret ingredient both in the cream filling and as a fun decoration. To neatly crush freeze-dried strawberries, seal them in a resealable bag, pushing out as much air as you can. Roll over the bag using a rolling pin.

Tip: To soak cashews, place in a bowl and cover with boiling water; let stand at least 30 minutes. Drain.

From plants-rule.com

By Katie Simmons

- 1** Make Strawberry Cashew Cream: In a blender combine cashews, ½ cup of the dates, ½ cup of the freeze-dried strawberries, the tapioca starch, 1 teaspoon of the vanilla, and ½ cup water. Cover and blend until smooth, scraping sides as needed. (The mixture will be thick.) Set aside.
- 2** Preheat oven to 400°F. Line two baking sheets with parchment paper or silicone baking mats.
- 3** In a blender combine the applesauce, the remaining 1 cup dates, the bananas, almond milk, and the remaining 2 teaspoon vanilla. Blend until smooth, scraping down sides as needed. In a medium bowl whisk together the next six ingredients (through salt). Add applesauce mixture to flour mixture; stir to combine.
- 4** Spoon batter in ¼-cup portions onto prepared baking sheets, spacing about ½ inch apart. You should have 24 portions.
- 5** Bake about 12 minutes or until set, rotating pans halfway through baking. Set baking sheets on wire racks to cool.
- 6** To assemble pies, spread about 2 tablespoons Strawberry Cashew Cream onto flat side of one cookie. Press flat side of another cookie onto cream. Roll edge of pie in the remaining crushed freeze-dried strawberries to coat cashew cream halfway around pie. Repeat with remaining cookies and cashew cream. Serve immediately or transfer to an airtight container and store in refrigerator up to 1 week.