

Pumpkin Oatmeal Creme Pies

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PUMPKIN COOKIES:

1 $\frac{3}{4}$ C WHITE FLOUR
1 $\frac{3}{4}$ C QUICK OATS
 $\frac{1}{2}$ C WHITE SUGAR
1 C BROWN SUGAR
1 TSP VANILLA
15 OZ PUMPKIN PUREE
2 EGGS
 $\frac{3}{4}$ C NONFAT PLAIN GREEK YOGURT

1 TSP SALT
1 TSP BAKING POWDER
1 TSP BAKING SODA
1 $\frac{1}{2}$ TSP CINNAMON
 $\frac{1}{4}$ TSP GINGER
 $\frac{1}{2}$ TSP CLOVES
 $\frac{1}{4}$ TSP NUTMEG

CREME FILLING:

8 OZ LIGHT CREAM CHEESE
1 $\frac{1}{4}$ C POWDERED SUGAR
1 STICK BUTTER
 $\frac{1}{2}$ C NONFAT VANILLA GREEK YOGURT
1 TSP VANILLA

DIRECTIONS:

TO MAKE THE PUMPKIN COOKIES: MIX ALL THE INGREDIENTS TOGETHER FOR THE PUMPKIN COOKIES.. DROP BY LARGE SPOONFULS ONTO A GREASED COOKIE SHEET. BAKE AT 350F FOR 10 MINS. ALLOW TO COOL COMPLETELY.

TO MAKE THE CREME FILLING - WHIP THE CREME FILLING INGREDIENTS TOGETHER UNTIL SMOOTH. REFRIGERATE UNTIL READY TO SERVE.

PLACE LARGE SPOONFUL OF THE CREME FILLING IN BETWEEN TWO PUMPKIN COOKIES. CAN BE REFRIGERATED AS PIES FOR SEVERAL DAYS. MAKES 12 PUMPKIN OATMEAL CREME PIES.

FREEZING INSTRUCTIONS:

AFTER THE PUMPKIN COOKIES HAVE BEEN MADE ACCORDING TO DIRECTIONS, PLACE THEM IN A GALLON FREEZER BAG AND FREEZE. WHEN READY TO SERVE THAW OVERNIGHT OR PLACE INDIVIDUAL PUMPKIN COOKIES IN THE MICROWAVE (CAN LEAVE LINER ON) AND HEAT FOR 20 SECONDS AND ADD THE CREME FILLING.

MACROS PER PUMPKIN OATMEAL CREME PIE: 423 CALS 66G NET CARBS 13G FAT 9G PROTEIN