

polka-dot pumpkin whoopie pies + orange cream + pumpkin pie smoothies



October! My heart is glowing like the sun-kissed golden leaves scattered about the city sidewalks. Dramatic enough for you? Aahhh! I truly love this season and immediately think of one thing in October... PUMPKINS! They scream FALL! They are a fruit but used as a vegetable and they are the ultimate fall decorations (Jack-O-Lanterns anyone?!) and don't you think that it is time for something sweet for your awesome Sticky Fingers Cooking kids?

A best friend of mine, Stacy Fischer, introduced me to Whoopie Pies a few years ago. She loves them so much they become her kids' birthday cakes. She owns a cookbook that is dedicated 100% to Whoopie Pies. She even has a special whoopee pie baking pan. You get the picture. Thanks to Stacy, my girls and I fell in love with these cream-filled sandwich cakes. They are delicious!

If you've never had a whoopie pie before than you might not know that it's a cookie/cake sandwich (not so much like a pie!) with a cream filling. Our Sticky Fingers Cooking (slightly healthier) version have two soft, pumpkin filled cakes on the outside and a creamy Greek yogurt orange filling. They taste to me like the very best of all-things-pumpkin brought to life and are a wonderful autumn afternoon treat! The Pumpkin Pie smoothies just takes the whole shebang way over the top... Just the way I like it! Stacy, this one is for you.... Have fun + happy cooking!

Have fun + happy cooking! –Erin



polka-dot pumpkin whoopie pies

crack+beat

Start to prepare Whoopie Pie batter by having kids crack and beat **1 egg** in a large bowl; add **1½ cups milk** (OR sub rice or soy milk), **1 cup pumpkin puree**, **2 tablespoons vegetable oil**, **2 tablespoons vinegar** and **1 teaspoon of vanilla** into the same bowl as the egg. This is called the wet bowl! Continue to beat the wet ingredients with whisks until smooth.

measure+stir

Grownups: Pre-heat the oven to 350 degrees. Measure and add **2 cups all-purpose flour** (OR sub Bob's Red Mill GF), **3 tablespoons brown sugar**, **2 teaspoons baking powder**, **1 teaspoon baking soda**, **1 teaspoon ground allspice***, **1 teaspoon ground cinnamon***, **½ teaspoon ground ginger*** and **½ teaspoon salt** into a large bowl. This is the dry bowl! Stir the dry ingredients together well...**Or sub 2½ tsp of Pumpkin pie spice for these ** ingredients.*

count+mix

Have kids combine the wet and dry bowls together and mix very well. Have kids count to 5 (in any language!) for each turn mixing the batter... Now add your polka dots! Have kids stir in either **¼ C yogurt chips OR chocolate chips OR dried cranberries** (kids choice!) into the batter.

continued



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scoop+bake

Using ¼ C measuring cup, have kids scoop the batter (like you would cookies) your baking sheet. Keep the scoops at least 3 inches apart from each other Then start baking for 12 to 15 minutes or until golden brown and puffy... Let your Whoopie Pies cool.

zest+whisk

Time to make the Orange Cream! Have kids zest the **rind of one fresh orange**, then have your kids chop oranges in half and squeeze the orange juice into a bowl. Add **½ tsp of orange zest** and the orange juice in a bowl. Then have kids measure and mix **8 oz of plain Greek yogurt**, **¼ C of orange marmalade** and **honey or sugar or stevia** to taste. Whisk together until smooth and refrigerate.

slice+spread

After the Whoopie Pies have cooled, have kids slice the Whoopie Pies in half and spread the Orange Marmalade Cream in the middle – **Make a sandwich and EAT! Don't forget to SHOUT WHOOPIE!!!**



pumpkin pie smoothie

chop+measure

Have kids chop up **2 bananas**.... Then have kids measure **2 cups milk**, **½ to 1 cup pumpkin puree**, **1 tsp vanilla**, **1 tsp pumpkin pie spice**, **2-4 T natural sweetener** (agave, maple syrup, honey or sugar) and **1 C of Ice** in your blender.

blend+sprinkle+sip

Add the chopped bananas and turn your blender (don't forget the lid!) on HIGH until well blended, thick and creamy. Enjoy each smoothie sprinkled with a **little extra pumpkin pie spice**, and quite possibly **loads of whipped cream**... if you're feeling daring! *Serves about 6 in small cups.*



fun food facts:

Pumpkins!

A pumpkin is really a squash?

It is! It's a member of the Cucurbita family which includes squash and cucumbers. Pumpkins are Fruits!

Are pumpkins are grown all over the world?

Six of the seven continents can grow pumpkins including Alaska! Antarctica is the only continent that they won't grow in Antarctica.

continued



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The "pumpkin capital" of the world is Morton, Illinois?

This self proclaimed pumpkin capital is where you'll find the home of the Libby corporation's pumpkin industry.

The Irish brought this tradition of pumpkin carving to America?

The tradition originally started with the carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a plenty and they were much easier to carve for their ancient holiday of Halloween.

- ★ **Pumpkins contain** potassium and Vitamin A.
- ★ **Pumpkin flowers** are edible.
- ★ **Pumpkins are** 90 percent water.
- ★ **Eighty percent of the pumpkin supply** in the United States is available in October.
- ★ **The largest pumpkin pie ever made** was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- ★ **In early colonial times**, pumpkins were used as an ingredient for the crust of pies, not the filling.
- ★ **Pumpkins were once recommended** for removing freckles and curing snake bites.
- ★ **The largest pumpkin** ever grown weighed 1,140 pounds.
- ★ **Native Americans flattened strips** of pumpkins, dried them and made mats.
- ★ **Native Americans used pumpkin seeds** for food and medicine.

What did one Jack-o-lantern say to the other? Cut it out!

What is a pumpkin's favorite sport? Squash

What's the ratio of a pumpkin's circumference to its diameter? Pumpkin Pi
(3.1428571428571428571428571428571)

What do you get when you cross a snowman and a vampire? Frostbite!

How do you repair a broken Jack-o-lantern? Buy a pumpkin patch!

What's black, white, orange, and waddles? A penguin carrying a Jack-o-lantern.

fun food facts:

What in the heck are Whoopie Pies?

While considered a New England phenomenon and a Pennsylvania Amish tradition, they are increasingly sold throughout the United States. According to food historians, Amish women would bake these desserts (known as hucklebucks, or creamy turtles at the time) and put them in farmers' lunch pails or lunch boxes. When farmers would find the treats in their lunch, they would shout "Whoopie!" It is thought that the original Whoopie pies may have been made from cake batter leftovers.

- ★ The Whoopie Pie is the official state treat of Maine. (Not to be confused with the official state dessert, which is blueberry pie).
- ★ The world's largest Whoopie Pie was created in South Portland, Maine on March 26, 2011, weighing in at 1,062 pounds.

What happens when you confuse a Whoopie Pie with a Whoopie Cushion? Have your kids tell their OWN punchline!



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