

Keto Whoopie Pies

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 8.7 g, Fiber: 3.9 g, **Net carbs: 4.9 g,**

Protein: 6.3 g, Fat: 44.5 g, Calories: 441 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



jar at room temperature for up to a week and the buttercream can be prepared just before serving.

Ingredients (makes 4 servings)

Chocolate cookies:

- 1/4 cup heavy whipping cream (60 ml/ 2 fl oz)
- 1 large egg
- 2 tbsp melted unsalted butter (30 ml)
- 1 tsp sugar-free [vanilla extract](#)
- 1/4 cup granulated [Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)
- 1/3 cup [cacao powder](#) or [Dutch process cocoa powder](#) (28 g/ 1 oz)
- 1/2 cup [almond flour](#) (50 g/ 1.8 oz)
- 2 tsp [gluten-free baking powder](#) (8 g/ 0.3 oz)

Buttercream filling:

- 1 stick unsalted butter, softened (113 g/ 4 oz)
- 1/4 cup [powdered Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)
- 1/2 tsp sugar-free [vanilla extract](#)
- 1 tbsp heavy whipping cream (15 ml)

Instructions

1. Preheat oven to 165 °C/ 325 °F (conventional), or 145 °C/ 290 °F (fan assisted). Line a baking sheet with parchment paper.
2. In a large bowl mix together the cake ingredients. Once smooth place 8 mounds of dough on the baking sheet about 5 cm/ 2 inches apart.
3. Bake for 12 to 15 minutes until done. Remove and cool on a cooling rack.
4. To make the filling, place the ingredients in a bowl and use a hand mixer to beat until light and fluffy.
5. To assemble, divide the filling between 4 of the cookies then top with the remaining 4 cookies slightly smashing them together.
6. Remove from the refrigerator about 20 minutes before serving. Store in the fridge for up to 4 days. The cookies can be stored in a

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