



Red, White And Blueberry Whoopie Pies

(NAPSA)—When it's time to celebrate, what's more fun than whoopie pies: Blueberry whoopie pies! Fresh delicious blueberries nestled in fluffy marshmallow crème, layered between mini-size cake rounds, make a supertasty snack or dessert. This controlled-portion treat has a fat-free filling and the great benefits of nature's little blue dynamos.

What's more, making these little gems yourself is easier than you might think when you start with a red velvet cake mix. Let the children help spread the crème on the cakes and top it off with plenty of fresh blueberries before sandwiching them all together.

Red, White And Blueberry Whoopie Pies—Mini Size

**1 red velvet cake mix
(18.25 ounces)**

¼ cup flour

½ cup water

⅓ cup vegetable oil

3 large eggs

**1½ cups marshmallow crème
from a jar**

1 cup fresh blueberries

Heat oven to 350° F. Line two large baking sheets with parchment paper. In a large bowl, combine cake mix, flour, water, oil and eggs. With an electric mixer, beat at medium speed until smooth, 2–3 minutes. Scoop the batter by rounded tablespoons onto prepared baking sheets, 2 inches apart, to make 24 small cakes. Bake until puffed, 8–10



Cheer up any party with plenty of red, white and blueberry whoopie pies in mini-size.

minutes. Let cool 2 minutes on the baking sheets. Remove to wire racks to cool completely. With a small spatula or knife, spread 1½ teaspoons marshmallow crème onto the flat side of each cookie. Divide blueberries onto 12 of the cookies. Top with remaining cookies to make sandwiches. Serve immediately or store chilled in an airtight container, layered between sheets of waxed paper.

Yield: 12 whoopie pies

Per portion: 302 calories, 47 g carbohydrate, 12 g total fat, 3 g saturated fat

Blueberries never need to be peeled, pitted or sliced. Just rinse and they're ready to go. Blueberries have only 80 calories per one-cup serving, so go ahead and sprinkle them on cereal, toss in green salads and stir into fresh fruit salsas.

Learn More

For further facts about blueberries and loads of great recipes, go to www.littlebluedynamos.com.