

Valentine's Day Whoopie Pie

2 Servings: 12g Protein | 16g Carbs | 1g Fat

1 Makeover Meal | ½ Condiment

Ingredients

1 packet Makeover Brownie Soft Bake

⅛ tsp baking powder

6 Tbsp cold water, divided

1 packet Makeover Vanilla Pudding

½ Tbsp sugar free strawberry syrup

Instructions

Preheat oven to 350° F.

In a small bowl, mix Makeover Brownie Soft Bake mixture with baking powder and three tablespoons cold water.

Divide batter in half and, on a baking sheet lined with parchment paper, form four cookie-shaped pieces.

Bake for 18-20 minutes or until done. Allow cookies to cool for 30 to 60 minutes.

In a small bowl, mix Medifast Vanilla Pudding mixture with syrup and remaining cold water.

Drop pudding mixture onto the flat side of one cookie. Place the flat side of the other cookie on top and press together lightly.