



# Shamrock Whoopie Pies



# Shamrock Whoopie Pies

Prep time: 10 min | Cook time: 40 minutes | Servings: 4

## Ingredients:

*For the whoopie pies:*

½ cup tigernut flour  
¼ cup + 3 tablespoons arrowroot flour  
¼ cup coconut flour  
¼ teaspoon baking powder  
Pinch of sea salt  
⅓ cup palm shortening, melted  
¼ cup honey  
3 tablespoons coconut milk  
1 tablespoon gelatin powder  
1 cup chopped raw spinach

*For the buttercream filling:*

½ cup coconut cream (see note below)  
⅓ cup palm shortening (in solid state but not hard or cold)  
1 tablespoon granulated coconut sugar salt

## Directions:

**To make the whoopie pies:**

Preheat the oven to 350°F and line a baking sheet with parchment paper.

Combine the tigernut flour, arrowroot flour, coconut flour, baking powder, and salt in a bowl. Mix well.

Add the palm shortening, honey, coconut cream, gelatin powder, and raw spinach to a high-speed blender. Blend on high until smooth and creamy, about 30 seconds.

Add the liquid to the dry ingredients and mix well with a spatula to obtain a smooth and firm dough.

Spoon out heaping tablespoons of dough and roll into 8 balls. Line them up on the baking sheet, leaving space around so they can spread during baking.

Bake in the oven until the edges turn golden, about 15 minutes. When done, allow to cool down and harden a bit before transferring to a cooling rack with a spatula.

**To make the buttercream filling:**

Combine the coconut cream, palm shortening, and sugar into a bowl and mix together until smooth and creamy.

**To assemble the whoopie pies:**

Spread some buttercream filling onto the flat side of one cookie and sandwich with another one. Repeat. Refrigerate for ½ hour before serving.