

# Homemade Twinkies

makes 12 Twinkies

## Cake

1 cup sifted whole wheat flour  
1 cup white flour  
6 TBS sugar  
1 tsp. baking powder  
1 tsp. baking soda  
1/2 tsp. salt  
2 TBS powdered milk  
1/3 cup oil  
3/4 cup water  
3/4 cup + 2 TBS maple syrup  
2 TBS vanilla extract  
2 1/2 tsp. apple cider vinegar

## Filling

1/4 cup. powdered butter  
1/4 cup powdered shortening  
1 cup powdered sugar  
1 tsp. vanilla  
2 TBS water

## Tools & Supplies

aluminum foil

a straw

a pastry tip

one quart sized ziploc bag

Canoe Baking Pan (\*optional : the original link above shows how to make boats with foil if you don't want to buy a baking pan).

Using a fine meshed wire strainer over a medium bowl, measure all the dry ingredients. Tap the strainer to sift the ingredients into the bowl below. Stir with a whisk before adding the remaining liquid ingredients. Stir again until smooth.

Prepare the baking pan by lining each canoe with foil sprayed with cooking spray. Fill the canoes half way full with batter and bake at 325 for 22 minutes or until lightly browned. Allow to cool in the pan for 5 minutes before lifting out each cake and allowing to cool completely on a cooling rack.

Prepare the filling by mixing the dry ingredients together before adding the vanilla and water. Cut the tip of a ziploc bag and fit a pastry tip through the hole. Fill the bag with filling. Once cakes are cool, flip each over, and with a straw make three incisions running the length of the cake. Place the tip into each incision, and press filling into the incisions until full. When cakes are completely full, turn them back over and serve.