

Twinkie Recipe

Ingredients: Makes about 12 Twinkies or 24 minis.

Cake: 16-ounce box golden pound cake mix
4 egg whites, beaten until stiff
2/3 cup (160mL) water
Non-stick cooking spray

Filling: 1/4 cup (57g) non-hydrogenated shortening or coconut oil
1/4 cup (57g) margarine
1 cup (125g) powdered sugar
1 tsp. vanilla extract

Molds: Aluminum foil. Pinch foil into rounded rectangular trays.



Instructions:

1. Preheat oven to 325F (160C).
2. Whip the egg whites on high until stiff.
3. Add cake mix and water, and beat on medium speed until completely blended, about 2 minutes.
4. Spray trays with non-stick spray, then divide the batter evenly among the baking molds and bake at 325F until cake springs back when touched, a toothpick inserted into the center comes out clean, and cakes are golden brown, about 20-22 minutes.
5. Remove from oven and let cook for 5 minutes; then loosen from the sides by running a knife along the edges of the pan. Invert onto a rack, remove cakes, and cool completely.
6. Beat together the shortening and margarine with mixer until well combined and creamy.
7. Add the powdered sugar and beat until completely light and fluffy, about 5 minutes.
8. Add vanilla and beat for another 2 minutes.
9. Once cakes are cool, flip each over, and with a straw or a skewer, make two incisions running the length of the cake (three for full sized Twinkies).
10. Scoop filling into a pastry bag fitted with a medium-size plain tip (or snip the corner off of a small plastic bag).
11. Place the tip into each incision, and press cream into the incisions until full. When cakes are completely full, turn them back over and serve.
12. Store any leftovers (as if) in an airtight container.

Original recipe obtained from: <http://www.instructables.com/id/Homemade-Hostess-Twinkie-Recipe/>