



No-Bake Mini Pumpkin Cheesecakes

Prep: 15 minutes | Cook: 10 minutes | Chill: 2 hours | Total: 2 hours 25 minutes

Yield: 8 servings | Serving Size: 1 mini cheesecake

Ingredients

- ½ cup uncooked old fashioned (rolled) oats
- ¼ cup pecans
- 3 tablespoons packed brown sugar
- 2 tablespoons unsalted butter
- 2 teaspoons ground cinnamon, divided
- 1 (8-ounce) package cream cheese, softened at room temperature
- ¾ cup pumpkin puree (about half of a 15-ounce can)
- ½ cup plain nonfat Greek yogurt (about one 5.3-ounce container)
- ⅓ cup sugar

Directions

1. Heat a medium skillet or sauté pan over medium heat.
2. Add the oats and pecans. Cook until lightly browned and fragrant, about 6-8 minutes, stirring often.
3. Transfer the oats and pecans to a food processor, along with the brown sugar, butter, and ½ teaspoon of the cinnamon.
4. Pulse to chop, then continue blending until the mixture looks like wet sand, about 2-3 minutes. Transfer the mixture to a bowl or plate and set aside.
5. In the food processor, add the cream cheese, pumpkin puree, yogurt, sugar, and remaining 1½ teaspoons cinnamon. Blend until completely smooth and airy, about 3-5 minutes, stopping to scrape down the sides as needed.
6. Gather eight small (~½-cup) jars, drinking glasses, bowls, or storage containers. Add 1 tablespoon of the oat mixture to each and press down firmly to make a crust. Divide the cream cheese mixture over the crusts (~⅓ cup each), followed by the remaining oat mixture (~½ teaspoon each).
7. Cover the containers with lids or plastic wrap and chill in the refrigerator for at least 2 hours, then serve cold.

**Nutrition Facts Per Serving: Calories: 200 | Total Fat: 13.5 g | Saturated Fat: 8.5 g
Sodium: 90 mg | Total Carbohydrate: 17 g | Dietary Fiber: 1.5 g | Protein: 4.5 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs