

# Pumpkin No-Bake Cheesecake Cups



*This no-bake recipe comes together quickly and results in a lighter version of a traditional cheesecake dessert. Pumpkin and warm spices add festive fall flavor!*

| YIELD       | PREP TIME | TOTAL TIME |
|-------------|-----------|------------|
| 12 SERVINGS | 20 MIN    | 25 MIN     |

## INGREDIENTS

|        |                                      |
|--------|--------------------------------------|
| 1 cup  | Heavy Whipping Cream                 |
| 8 oz   | Cream Cheese, regular or reduced fat |
| ½ cup  | Cottage Cheese, low-fat              |
| ¾ cup  | Pumpkin Puree, canned (~½ 15oz can)  |
| ½ cup  | Powdered Sugar                       |
| 2 tsp  | Pumpkin Pie Spice                    |
| 1 tsp  | Vanilla Extract                      |
| 6 each | Graham Crackers, crumbled            |

## CHEF'S NOTES

Pro Tip: Break graham crackers into large pieces and place in a Ziploc bag. Use a rolling pin, the bottom of a cup, or simply use your hands to crush the crackers into small crumbs perfect for your crust.

This no-bake cheesecake is a flexible dish. It works well in individual cups or in a 9x9 dish! Make it your own by adding ingredients with different textures and flavors to suit your preferences: use your favorite fruit, add a layer of toasted and chopped nuts, or swap out the pumpkin spice for Chinese five-spice for a new twist!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. To make the cheesecake filling: In a large bowl, whip the heavy cream with an electric mixer or by hand, using a whisk. Once soft peaks have formed, transfer whipped cream to the refrigerator until ready to use.
3. Add the cream cheese, cottage cheese, pumpkin puree, powdered sugar, pumpkin pie spice, and vanilla to a large blender pitcher. Starting on low and gradually increasing the speed, blend until smooth and creamy, about 2 minutes. Scrape down the sides of the blender as needed.
4. Transfer the cream cheese mixture to the large mixing bowl with the whipped cream. Using a rubber spatula, gently fold in the whipped cream until just combined. Do not overmix, so that the mixture remains light and airy.
5. To assemble: Divide graham cracker crumbs between 12 – 4 oz. cups. Add about 1 tsp of crumbs to the bottom of each cup. Add ½ cup of cheesecake mixture to each cup and top with 2 tsp of graham cracker crumbs. Chill until ready to serve. Enjoy!

# Nutrition Facts

12 servings per container

**Serving size**      **1 serving (77g)**

**Amount Per Serving**

**Calories**                      **180**

**% Daily Value\***

**Total Fat** 12g                      **15%**

Saturated Fat 7g                      **35%**

*Trans* Fat 0g

**Cholesterol** 35mg                      **12%**

**Sodium** 160mg                      **7%**

**Total Carbohydrate** 14g                      **5%**

Dietary Fiber <1g                      **3%**

Total Sugars 9g

Includes 7g Added Sugars                      **14%**

**Protein** 4g

Vitamin D 0.3mcg                      2%

Calcium 20mg                      2%

Iron 0.5mg                      2%

Potassium 60mg                      2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WHEAT, SOY



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