



World's Cutest Pumpkin Pies



1/12th of recipe (1 mini pie): 41 calories, 0.5g total fat (0.5g sat. fat), 67mg sodium, 6g carbs, 1g fiber, 1.5g sugars, 2g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

12 small square wonton wrappers (often stocked with the tofu in the refrigerated section of the supermarket)
3/4 cup canned pure pumpkin
3/4 cup light/low-fat ricotta cheese
3 packets no-calorie sweetener (like Truvia)
1 tsp. vanilla extract
1/2 tsp. pumpkin pie spice
1/2 tsp. cinnamon
Dash salt
Optional toppings: light whipped topping, additional cinnamon

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Place a wonton wrapper into each cup of the muffin pan. Press it into the bottom and up along the sides.

Lightly spray wrappers with nonstick spray. Bake until lightly browned, about 8 minutes.

Meanwhile, thoroughly mix remaining ingredients in a medium bowl.

Spoon pumpkin mixture into wonton cups, about 2 tbsp. each.

MAKES 12 SERVINGS

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