



Freezy Pumpkin Cheesecake Dessert



1/8 of recipe: 140 calories, 7g total fat (3g sat. fat), 145mg sodium, 17.5g carbs, 2.5g fiber, 10g sugars, 3g protein

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Prep: 15 minutes **Cook:** 5 minutes or less

Freeze: 4 hours



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Ingredients

- 1/4 cup devil's food cake or chocolate cake mix
- 1 cup + 2 tbsp. canned pure pumpkin, divided
- 1/2 cup whipped cream cheese
- 1/2 cup fat-free plain Greek yogurt
- 3 packets natural no-calorie sweetener
- 1 tsp. vanilla extract
- 1 1/2 tsp. cinnamon
- 1/2 tsp. pumpkin pie spice
- 1/8 tsp. salt
- 1 1/2 cups light whipped topping (thawed from frozen)
- 1 oz. (about 3 tbsp.) chopped pecans, divided
- 1/4 cup light chocolate syrup, divided

Directions

Spray a microwave-safe mug with nonstick spray. Add cake mix, 2 tbsp. pumpkin, and 1 tbsp. water. Mix thoroughly.

Microwave for 1 minute, or until set. Carefully remove cake from the mug. Once cool enough to handle, crumble into pieces.

Line a 9" X 5" loaf pan with parchment or wax paper, making sure to line the bottom and sides. ([Check out this video](#) for a great method!)

In a large bowl, combine remaining 1 cup pumpkin with cream cheese, yogurt, sweetener, vanilla extract, cinnamon, pumpkin pie spice, and salt. Mix thoroughly until smooth. Add thawed whipped topping, and mix until uniform.

Spoon half of the pumpkin mixture into the loaf pan, and smooth out the surface. Top with the cake crumbles, about 2 tbsp. of the pecans, and 3 tbsp. chocolate sauce. Spoon remaining pumpkin mixture into the pan, and smooth out the top. Top with remaining pecans (about 1 tbsp.) and 1 tbsp. chocolate sauce.

Lightly cover with foil. Freeze until firm, at least 4 hours.

Allow to thaw and soften for a few minutes before slicing.

MAKES 8 SERVINGS

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