



## Pumpkin Cheesecake Cinnamon Rolls



1/4th of recipe (2 rolls): 122 calories, 1.5g total fat (1g sat. fat), 222mg sodium, 22.5g carbs, 1g fiber, 9.5g sugars, 4g protein

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**Prep:** 10 minutes    **Cook:** 15 minutes



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### Ingredients

3 tbsp. whipped cream cheese  
3 tbsp. canned pure pumpkin  
1/4 tsp. vanilla extract  
1 natural no-calorie sweetener packet  
1/2 tsp. pumpkin pie spice  
1/4 tsp. cinnamon  
1/2 cup self-rising flour  
1/2 cup fat-free vanilla Greek yogurt  
3 tbsp. powdered sugar  
1 1/2 tsp. unsweetened vanilla almond milk (or any milk you have on hand)

### Directions

Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

In a small bowl, combine cream cheese, pumpkin, vanilla extract, sweetener, 1/4 tsp. pumpkin pie spice, and 1/8 tsp. cinnamon. Mix until uniform.

To make the dough, mix flour with remaining 1/4 tsp. pumpkin pie spice and 1/8 tsp. cinnamon in a large bowl. Add yogurt, and mix well. Evenly roll out dough into one large rectangle, about 8" x 6".

Spread with cream cheese mixture, leaving a 1/4-inch border. Tightly roll up the dough lengthwise into a log, and pinch the seam to seal.

Turn log seam side down, and cut into 8 rolls. Place rolls on the baking sheet, swirl sides up.

Spray with nonstick spray. Bake until light golden brown and cooked through, 10–12 minutes.

Meanwhile, combine powdered sugar with milk in a small bowl. Mix well. Drizzle over rolls.

MAKES 4 SERVINGS

**HG Dough Tip:** To prevent sticking, lightly dust your hands and work surface with flour or refrigerate dough for at least 5 minutes. It's even easier to work with if you make the dough a day or two in advance.

**Air-Fryer Alternative:** Set air fryer to 360°F (or nearest degree), and spray with nonstick spray. Add rolls in a single layer, and spray with nonstick spray. Cook for 10 minutes, or until tops are light golden brown and insides are cooked through.

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