



## Shot-Glass Pumpkin Cheesecakes



1/6th of recipe (1 shot glass): 70 calories, 3g total fat (2.5g sat fat), 82mg sodium, 8.5g carbs, 1.5g fiber, 4.5g sugars, 2g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 10 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

#### Cheesecake

3/4 cup canned pure pumpkin  
1/2 cup natural light whipped topping (like the kind by TruWhip or So Delicious)  
1/4 cup fat-free plain Greek yogurt  
1/4 cup light/reduced-fat cream cheese, room temperature  
2 packets natural no-calorie sweetener (like Truvia)  
1 tsp. vanilla extract  
3/4 tsp. cinnamon  
1/4 tsp. pumpkin pie spice  
Dash salt

#### Toppings

1/4 cup natural light whipped topping  
1 graham cracker (1/4 sheet), finely crushed

### Directions

In a medium bowl, combine all cheesecake ingredients. Mix until smooth and uniform.

Evenly spoon mixture into 6 shot glasses (or ramekins). Top with whipped topping, and sprinkle with crushed graham cracker.

MAKES 6 SERVINGS

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.