



## 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

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**Prep:** 10 minutes



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### 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

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