



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

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

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



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

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

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.