



Mini Pumpkin Pie Yogurt Cheesecakes

 Dairy Free

READY IN



260 min.

SERVINGS



12

CALORIES



56 kcal

Ingredients

- ☐ 0.5 cup gingersnaps crushed
- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup pumpkin pie filling/mix plain (not pumpkin)
- ☐ 0.5 teaspoon gelatin powder unflavored
- ☐ 2 tablespoons water hot
- ☐ 0.5 teaspoon vanilla
- ☐ 6 oz pumpkin pie filling/mix light yoplait®
- ☐ 0.5 teaspoon pumpkin pie spice

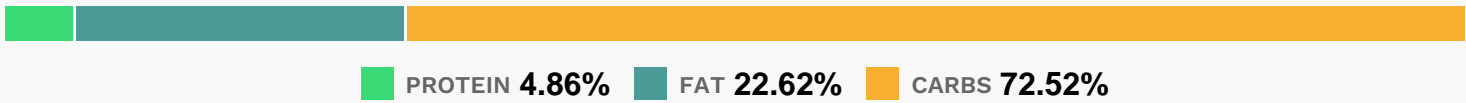
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F.
- ☐ Place mini foil baking cup in each of 12 mini muffin cups. Spray bottoms of cups with cooking spray.
- ☐ In small bowl, mix crust ingredients. Press 1 1/2 tablespoons mixture in each cup.
- ☐ Bake about 5 minutes or until just starting to turn golden brown. Cool about 5 minutes while making filling.
- ☐ In medium bowl, beat cream cheese and pumpkin pie mix with electric mixer on medium-high speed until blended. In small bowl, stir gelatin into hot water, stirring until dissolved.
- ☐ Add to cream cheese mixture; beat until combined.
- ☐ Add vanilla and yogurt; beat until thoroughly combined. Spoon 2 tablespoons filling into each cup.
- ☐ Sprinkle with pumpkin pie spice. Refrigerate about 4 hours or until set.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:3.8860869674903%

Nutrients (% of daily need)

Calories: 55.74kcal (2.79%), Fat: 1.44g (2.22%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 8.19g (2.98%), Sugar: 0.96g (1.07%), Cholesterol: 0mg (0%), Sodium: 90.53mg (3.94%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Protein: 0.7g (1.4%), Vitamin A: 2151.79IU (43.04%), Manganese: 0.19mg (9.45%), Fiber: 2.23g (8.9%), Folate: 13.08µg (3.27%), Iron: 0.59mg (3.27%), Vitamin B5: 0.31mg (3.08%), Vitamin B2: 0.04mg (2.64%), Vitamin B6: 0.05mg (2.28%), Copper: 0.04mg (1.81%), Magnesium: 6.61mg (1.65%), Phosphorus:

15.79mg (1.58%), Potassium: 52.69mg (1.51%), Calcium: 14.14mg (1.41%), Vitamin B3: 0.25mg (1.25%), Vitamin C: 0.91mg (1.11%)