



Nutrition Information Per Serving:

Calories: 728
Protein: 23 g
Carbohydrates: 56 g
Fat: 49 g
Fiber: 3 g

Click [here](#) for the original recipe/blog post from MinxEats.

PREP TIME 10 mins	COOK TIME 52 mins	TOTAL TIME 62 mins	RECIPE MAKES 2 serving
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These mini-pumpkin cheesecakes are the protein-packed desserts your fall NEEDS! By using Lowfat Plain Muuna cottage cheese and the best autumn flavors, you can whip up these delicious treats that you can feel good about.

INGREDIENTS

Crust:

- ½ cup Graham cracker crumbs
- 2 Tbsp. Toasted unsalted pumpkin seeds (pepitas), ground in a mini prep (or with a mortar and pestle if you're old fashioned)
- Pinch of brown sugar
- ¼ tsp. Ground ginger
- ¼ tsp. Ground cinnamon
- 1 Tbsp. Butter, melted

Filling:

- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- ¼ cup Pumpkin puree
- ¼ cup Sugar
- ½ tsp. Ground cinnamon
- ¼ tsp. Ground ginger
- ⅛ tsp. Ground allspice
- ⅛ tsp. Ground nutmeg
- Pinch salt
- 1 tsp. Vanilla extract
- 6 oz. Cream cheese, room temperature
- 1 Egg

INSTRUCTIONS

Crust:

- 1) Preheat oven to 350°F.
- 2) Place the crust ingredients in a zip-top sandwich bag. Close the bag and squish the ingredients around until everything is coated with the butter.
- 3) Dump the bag into two 4-inch springform pans and pat into an even layer, coming a little up the sides.
- 4) Bake for 7 minutes, then remove and allow to cool to room temperature.

INSTRUCTIONS cont.

Filling:

- 1)** Put the cottage cheese in the bowl of a mini-prep food processor and pulse until the cheese has been pureed.
- 2)** Add the pumpkin, sugar, spices, salt, and vanilla and blend well.
- 3)** Scrape mixture into a bowl and stir in the softened cream cheese, then beat in the egg until everything is well combined.
- 4)** Pour filling into prepared pans and bake at 350°F for 40-45 minutes, or until puffed and set. The middle might jiggle a wee bit but should not be liquidy. If it is, bake it for an additional 5 minutes.
- 5)** Cool cakes on a rack. When cool, loosen the edges with a knife before releasing the sides of the pan.
- 6)** Wrap and foil and refrigerate until cold.
- 7)** Serve topped with whipped cream.