



Layered Mini Pumpkin Cheesecakes

Ingredients

2, 8-oz packages of fat-free cream cheese
1 cup low-fat cottage cheese
3/4 cup egg whites
1 cup Splenda
1 tsp vanilla extract
1 cup canned pumpkin
1 scoop vanilla whey protein powder
1/2 tsp cinnamon
1/2 tsp pumpkin pie spice
12 reduced-fat graham crackers or gingersnap cookies
Muffin-tin liners

Directions

1. Preheat oven to 325 degrees.
2. Line 12 muffin tins and place one cracker or cookie inside each liner.
3. Beat together cream cheese, cottage cheese, egg whites, protein powder, Splenda, and vanilla until smooth
4. Pour the filling into the muffin tins, filling each cup half-full. Reserve half the mixture.
5. Add pumpkin puree, cinnamon, and pumpkin spice to the mixture and pour remainder into muffin tins.
6. Bake for 20-25 minutes or until it's almost set (it should still be slightly jiggly in the center).
7. Remove from the oven and refrigerate for 30-60 minutes before serving.

Nutrition Facts

Makes 12 Servings

Calories: 122.3

Fat: 3 g

Carbs: 10.5 g

Protein: 12.1 g