



NO BAKE PUMPKIN CHEESECAKE GRANOLA CUPS

Crust Ingredients:

3 Crumbled BeBold Bars

3/4 cup rolled oats

1/2 cup nut butter of choice

1/3 cup of honey

1 tsp vanilla extract

¼ tsp pumpkin spice

Cheesecake Filling Ingredients

1 package (8 oz) cream cheese, softened

1/3 cup granulated sugar

1/3 cup canned pumpkin (from 15-oz can) (not pumpkin pie mix)



1/4teaspoon pumpkin pie spice

Optional whipped topping of choice such as redii whip, coconut whipped cream, or homemade whipped cream

Recipe:

1. Mix all of the crust ingredients in a bowl
2. Line a muffin pan with cupcake liners
3. Roll the crust mixture into balls and press into the muffin tin
4. Refrigerate muffin tin crust while making pumpkin cheesecake filling
5. Meanwhile, in a large bowl, beat cream cheese and sugar with an electric mixer until smooth and creamy.
6. Add in pumpkin and pumpkin pie spice on low speed until combined.
7. Spoon and spread about 1/4 cup cream cheese mixture into each muffin cup. Cover and refrigerate overnight or until filling is set.
8. Optional: Before serving, top with whipped topping of your choice

Recipe by Nicole Bodin, RD

