NO-BAKE PUMPKIN PIE PROTEIN CHEESECAKE CUPS

High Protein | Gluten Free | Grain Free | No Bake

Recipe Featured on MariGoldFoods.com



INGREDIENTS:

For the cheesecake filling

- 4 oz cream cheese, softened
- 1 cup plain nonfat Greek yogurt
- 1 cup pure pumpkin purée (not pumpkin pie filling)
- 1 scoop **MariGold Creamy Vanilla Whey Protein Isolate**
- 2–3 tablespoons powdered allulose, or preferred sweetener, to taste
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice
- 1–2 teaspoons unsweetened almond milk, only if needed

For the topping (optional)

- Unsweetened whipped cream
- Chopped toasted pecans
- Ground cinnamon

Featuring MariGold Creamy Vanilla Whey Isolate Protein Powder (MariGoldFoods.com)



DIRECTIONS

1. Beat cream cheese until smooth. Add Greek yogurt, MariGold Creamy Vanilla Whey Isolate, vanilla, and 2 tablespoons allulose. Mix until creamy.
2. Set aside ¾ cup of the cheesecake mixture.
3. Stir pumpkin purée and pumpkin pie spice into the remaining mixture. Adjust sweetness to taste, adding a splash of almond milk if needed.
4. Divide the vanilla mixture among four dessert cups. Top with the pumpkin mixture and gently swirl with a knife.
5. Cover and refrigerate for at least 2 hours or overnight.
6. Before serving, top with whipped cream, toasted pecans, and cinnamon.