

# Have your cheesecake and eat it, too!

Plan carefully to keep sweet treats part of your healthy lifestyle. Consider portion size (how much), ingredients (what's in it) and frequency (how often).

Keep desserts bite-sized;  
include healthy ingredients;  
and make desserts a treat  
rather than a habit.



Find more resources at  
[clevelandclinic.org/nutrition](https://clevelandclinic.org/nutrition)

Recipe created by Digestive Disease Institute registered dietitians.

# Pumpkin Cheesecake Bites

**Makes 30 (1 pastry cup + 2 Tbsp filling) servings**

1 (8 oz) block of reduced-fat cream cheese

1/2 c low-fat ricotta cheese

1/2 c pumpkin puree

2 tsp vanilla

1/2 tsp pumpkin pie spice

1/2 tsp cinnamon

3 Tbsp powdered sugar

2 pkg puff pastry mini cups



1. Blend ingredients in food processor for 1 minute.
2. Scrape the sides of the food processor and blend for another 30 seconds.
3. Spoon 2 Tbsp of mixture into puff pastry mini cups and serve.

## NUTRITIONAL INFORMATION (PER SERVING):

**Calories: 120**

**Protein: 1 g**

**Carbohydrate: 4 g**

**Dietary Fiber: 0 g**

**Total Fat: 3 g**

**Saturated Fat: 1 g**

**Sugar: 1 g**

**Sodium: 55 mg**

**Calcium: 14 mg**

**Magnesium: 1 mg**

**Potassium: 9 mg**