



# NO BAKE PUMPKIN MINI CUPS

*with Choc-o-lotta*



Servings: 12 Pumpkin Minis

🕒 20 Minutes, Plus 3 Hours in Freezer

## HOT HOT HOT

**Inside Tips:** Jazz these pumpkin minis up with a drizzle of chocolate sauce or some fresh fruit on top!

## WHAT YOU NEED

### Ingredients

- ½ Cup Choc-o-lotta Dilettoso Mix
- ½ Cup Raw Almonds
- 1 Cup Raw Cashews
- 1 1/2 Cups Pitted Dates
- 3 tsp. Coconut Oil
- 2 tsp. Pumpkin Pie Spice
- 1/2 cup Vanilla Yogurt or Non-Dairy Yogurt
- 1/2 cup Milk of Choice (we used unsweetened almond milk)
- 2 Tablespoons Pumpkin Puree
- 2 Tablespoons Maple Syrup
- 1/2 Teaspoon Lemon Zest

## HOW TO DO IT

1. **LINE** a standard muffin tin with 12 muffin liners and set aside. Prepare the cheesecake crust.
2. **ADD** to a food processor almond, your Choc-o-lotta Dilettoso mix, dates, coconut oil, pumpkin pie spice, and pulse until well combined. Mixture will be thick and sticky.
3. **PRESS** about 1 tbsp. of the crust mixture into the base of lined muffin tin. Place in the freezer to set.
4. **PREPARE** the cheesecake filling by adding raw cashews, vanilla yogurt, milk of choice, pumpkin puree, maple syrup, and lemon zest, to a high-speed blender. Blend on highest speed until mixture is thick and creamy, about 45-60 seconds.
5. **REMOVE** cheesecake crusts from the freezer. Pour cheesecake filling overtop, filling about ¾ of the muffin tin.

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## HOW TO DO IT *cont*

6. **RETURN** to the freezer to set completely, at least 3 hours.
7. **REMOVE** from the freezer, when you're ready to devour them, and let thaw on the counter for about 5 minutes. They'll be easy to pop out of the muffin tin and enjoy at that point!

*Buon Appetito!*