



Long Livo

No Bake Pumpkin Cheesecake Balls

20 min

Prep time

Easy

Difficulty

20 min

Total time

American

Cuisine

12

Servings

Dessert

Course

Ingredients

Cheesecake Filling

- ☐ 8 oz cream cheese, softened
- ☐ 1/2 cup pumpkin puree
- ☐ 1/4 cup honey or maple syrup
- ☐ 1 tsp vanilla extract
- ☐ 1/2 tsp ground cinnamon

- ☐ 1/4 tsp ground nutmeg
- ☐ 1/4 tsp ground ginger
- ☐ 1 tbsp fresh lemon juice

Chocolate Coating

- ☐ 8 oz dark chocolate, chopped
- ☐ 2 tbsp milk chocolate, chopped
- ☐ 1 tsp coconut oil (optional, for shine)

Instructions

- 1 In a large mixing bowl, beat the softened cream cheese until smooth, then blend in the pumpkin puree, honey, vanilla, spices, and lemon juice until the mixture is uniform and fragrant.
- 2 Cover the bowl and chill the filling for at least 30 minutes; this firming step makes the mixture easier to roll.
- 3 Meanwhile, melt the dark and milk chocolate together over a double boiler, adding coconut oil if you like a glossy finish.
- 4 Scoop the chilled filling with a teaspoon and roll into 1-inch balls, placing them on a parchment-lined tray; return to the fridge while the chocolate cools.
- 5 Dip each chilled ball into the melted chocolate, letting excess drip off, then set back on parchment. Allow the coating to harden completely before serving.

Nutrition per serving

120 kcal

Calories

2 g

Protein

12 g

Carbs

8 g

Fat

Tips & notes

- If the chocolate thickens too much, gently re-heat in short bursts.
- For extra sparkle, sprinkle a pinch of sea salt on the coating before it sets.
- These balls can be prepared a day ahead; just keep them refrigerated.