



Long Livo

Pumpkin Oreo Balls – Quick & Easy Dessert

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

24

Servings

Dessert

Course

Ingredients

Base

- ☐ 1 cup canned pumpkin puree
- ☐ 8 oz cream cheese, softened
- ☐ 1/4 cup maple syrup
- ☐ 1 tsp ground cinnamon
- ☐ 1/2 tsp ground ginger

- ☐ 1/4 tsp ground nutmeg

- ☐ Pinch of salt

Coating

- ☐ 24 Oreo cookies, crushed fine
- ☐ 2 tbsp powdered sugar (optional)

Optional Finish

- ☐ 1/4 cup white chocolate chips, melted

Instructions

- 1** In a large bowl, combine pumpkin puree, softened cream cheese, maple syrup, cinnamon, ginger, nutmeg, and a pinch of salt. Mix until smooth and glossy.
- 2** Cover the bowl and chill the mixture in the refrigerator for about 10 minutes; this firms it up for easier rolling.
- 3** Meanwhile, place Oreo cookies in a zip-top bag and crush them with a rolling pin until they become fine crumbs.
- 4** Scoop about one tablespoon of the pumpkin mixture and roll between your palms to form a ball.
- 5** Roll each ball in the crushed Oreo crumbs, pressing gently to adhere a light coating.
- 6** If using, drizzle melted white chocolate over the balls or dip half of each ball; let the chocolate set.
- 7** Arrange the finished balls on a parchment-lined tray and refrigerate for at least 20 minutes before serving.

Nutrition per serving

85 kcal

Calories

2 g

Protein

10 g

Carbs

5 g

Fat

Tips & notes

- The mixture can become sticky; a quick chill helps keep it manageable.
- You can add a dash of pumpkin pie spice for extra depth.
- For a gluten-free version, substitute crushed gluten-free chocolate cookies.