

No-Bake Pumpkin Truffles



Ingredients (16 truffles)

- 10 full graham crackers
- 3 ounces cream cheese
- 1/2 can (15 oz) pumpkin puree
- 1 teaspoon cinnamon

- 1 teaspoon pumpkin spice (if available)

*ingredient can be purchased with WIC benefits

Nutrition Information (2 truffles)

Calories 115	Carbohydrates 20g
Total Fat 3.7 g	Fiber 1.9 g
Cholesterol 6 mg	Sugar 7 g
Sodium 129 mg	Vitamin A (209%)
Protein 2.5 g	Iron (7%)

Directions

1. Crush each of the graham crackers until they become like "dust". Combine cream cheese, pumpkin puree, and the spices in a bowl and mix together until smooth. Add the graham cracker crumbs to the mixture and mix well.
2. Place the bowl into the freezer for 15 to 20 minutes.
3. Remove and roll the mixture into balls. Place on wax paper and refreeze for 2 hours.
4. Take out and refrigerate for 20-30 minutes. Enjoy, and refrigerate leftovers.



Recipe/Photo Source: <https://thediaryofadebutante.com/no-bake-pumpkin-dessert-truffles/>

This institution is an equal opportunity provider

