

## No Bake Pumpkin Cheesecake Bars (Grain-Free/Vegan)

PREP TIME: 15 MIN | SERVES: 8

### INGREDIENTS

- 1 (4.5 oz) bag Siete Mexican Shortbread Cookies
- 40 grams dairy-free butter
- 1 container (227 grams) vegan cream cheese
- 1 container (255 grams) dairy-free whipped cream
- 150 grams powdered sugar
- 1 can (425 grams) pure pumpkin, dried to about 265 grams pure pumpkin
- 1.5 tsp pumpkin pie spice
- 1 tsp vanilla

### INSTRUCTIONS

- 1) First, prepare the crust. Place your cookies in the food processor and blend until it has created a fine crumb.
- 2) Pour in the melted butter and pulse until the dough starts to come together.
- 3) Press the crust into the bottom of a parchment paper lined baking dish (8X6 or loaf pan). Firmly compact the crust into the dish to ensure a sturdy base.
- 4) Rinse your food processor and prepare to make the filling.
- 5) Place the pumpkin between several paper towels or cheesecloth and gently wring it out until you have removed about 150 grams of water weight. You can also place the pumpkin on a plate and dab it with a towel to remove moisture. This does not have to be a perfect ratio, just know the more moisture you can remove, the better.
- 6) Add the pumpkin, cream cheese and vanilla to the food processor, then blend on low until fully incorporated and creamy.
- 7) Add in sifted powdered sugar and pumpkin pie spice, and blend again until well incorporated and smooth.
- 8) Transfer this mixture to a bowl, then gently stir or fold in the whipped cream. Using a folding technique will help ensure the light, airy texture of the whipped cream remains in tact, therefore creating a light and airy cheesecake.
- 9) Pour the filling on top of the crust, and using a spatula, gently push the filling into the corners of the dish and smooth out the surface.
- 10) Place in the refrigerator and allow to firm up overnight.
- 11) Prior to serving, cut into slices or bars to your preferred size and serve with whipped cream.