

# Pumpkin Spice Cheesecake Bites

Calling all PSL lovers! These Pumpkin Spice Cheesecake Bites bring all the fall feels with a healthy twist.

Indulge in these truffle-like bites featuring Greek yogurt—a protein powerhouse of calcium and gut-friendly probiotics. Paired with fibre-rich, vitamin-loaded pumpkin puree, they're a treat for your eyes, skin, and immune system.

Take it up a notch with a few scoops of **Canprev's L-Lysine Powder** for boosted immune support and collagen formation—essential for healthy skin, muscles, and joints.



**Preparation time: 30 mins | Servings: 18**



## Ingredients

- 1 cup Greek yogurt
- 1 cup pumpkin purée
- ⅓ cup hemp protein powder
- ⅓ cup shredded coconut
- ⅓ cup coconut flour
- ⅓ cup powdered sweetener
- 2 tbsp white chia seeds, ground
- 2 tsp stevia extract
- 2 tsp pumpkin pie spice
- 1 tsp cinnamon
- ½ cup shredded coconut for coating (optional)
- 6 scoops L-Lysine powder

## Method

1. Add all dry ingredients to a large bowl and stir to combine.
2. Add the Greek yogurt and pumpkin purée to the bowl and mix until incorporated.
3. Shape into 18 balls by scooping a small amount and rolling between your palms.
4. Place half of the balls into another bowl with your desired amount of shredded coconut and roll to coat, completing in two batches.
5. Refrigerate for one hour before serving and store in an airtight container.

## Featured Products



## Developed by: Joyce Baddour



Joyce is a health enthusiast and recipe creator on a mission to empower individuals to transform their health with delicious and nourishing blood sugar-friendly recipes.

