



Pumpkin Cheesecake Cinnamon Rolls



1/4th of recipe (2 rolls): 122 calories, 1.5g total fat (1g sat fat), 222mg sodium, 22.5g carbs, 1g fiber, 9.5g sugars, 4g protein

Green Plan [SmartPoints®](#) value 5*

Blue Plan (Freestyle™) [SmartPoints®](#) value 5*

Purple Plan [SmartPoints®](#) value 5*

Prep: 10 minutes **Cook:** 15 minutes



More: [Breakfast Recipes](#), [Dessert Recipes](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

3 tbsp. whipped cream cheese
3 tbsp. canned pure pumpkin
1/4 tsp. vanilla extract
1 natural no-calorie sweetener packet
1/2 tsp. pumpkin pie spice
1/4 tsp. cinnamon
1/2 cup self-rising flour
1/2 cup fat-free vanilla Greek yogurt
3 tbsp. powdered sugar
1 1/2 tsp. unsweetened vanilla almond milk (or any milk you have on hand)

Directions

Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

In a small bowl, combine cream cheese, pumpkin, vanilla extract, sweetener, 1/4 tsp. pumpkin pie spice, and 1/8 tsp. cinnamon. Mix until uniform.

To make the dough, mix flour with remaining 1/4 tsp. pumpkin pie spice and 1/8 tsp. cinnamon in a large bowl. Add yogurt, and mix well. Evenly roll out dough into one large rectangle, about 8" x 6".

Spread with cream cheese mixture, leaving a 1/4-inch border. Tightly roll up the dough lengthwise into a log, and pinch the seam to seal.

Turn log seam side down, and cut into 8 rolls. Place rolls on the baking sheet, swirl sides up.

Spray with nonstick spray. Bake until light golden brown and cooked through, 10–12 minutes.

Meanwhile, combine powdered sugar with milk in a small bowl. Mix well. Drizzle over rolls.

MAKES 4 SERVINGS

HG Dough Tip: To prevent sticking, lightly dust your hands and work surface with flour or refrigerate dough for at least 5 minutes. It's even easier to work with if you make the dough a day or two in advance.

Air-Fryer Alternative: Set air fryer to 360°F (or nearest degree), and spray with nonstick spray. Add rolls in a single layer, and spray with nonstick spray. Cook for 10 minutes, or until tops are light golden brown and insides are cooked through.

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.

