No-bake pumpkin cheesecake cups

Read the full guide before you begin. Use this worksheet to record your own measurements, quantities and choices.

SUPPLIES TO CHECK

Trusted no-bake filling recipe, food-safe cups, pumpkin puree if specified, suitable crumb base

01 PLAN

Choose a tested no-bake pumpkin cheesecake recipe from a trusted recipe author and follow its exact ingredient ratios. This FigureNook guide covers portioning and presentation, not a validated filling formulation.

02 DETAILS

Check the actual cup capacity and spoon a small crumb base into one sample. Add the prepared filling without overfilling, keeping room for a lid or topping. Use the selected recipe's chilling instructions.

03 FINAL CHECK

Keep dairy-based filling refrigerated and serve chilled. Review ingredient labels for dairy, gluten and other allergens. Do not substitute raw flour or an uncooked egg mixture into a no-bake dessert.

MY MEASUREMENTS / QUANTITIES / CHANGES