

Pumpkin Cheesecake Bites

Pumpkin Cheesecake Bites are the perfect fall treat, consisting of a graham cracker crust with a pumpkin cream cheese filling. These delicious mini cheesecakes are light and fluffy and are a nice replacement for pumpkin pie!

Ingredients

For the graham cracker crust:

- 1 sleeve graham crackers
- 3 Tablespoons unsalted butter – melted
- 1/4 cup granulated sugar
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For the cheesecake filling:

- 16 oz. cream cheese – softened
- 1/2 cup brown sugar
- 1/4 cup granulated sugar
- 2 large eggs – at room temperature
- 1 teaspoon vanilla extract
- 1 1/2 teaspoon pumpkin pie spice
- 1 cup pumpkin puree
- whipped cream – to serve

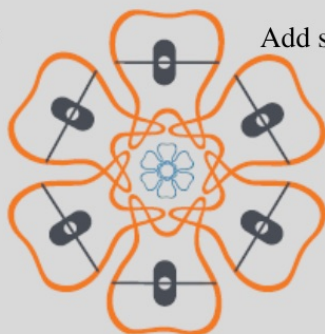


Instructions

- Preheat oven to 350 degrees. Line a cupcake pan with parchment paper liners.
- In a food processor, add graham crackers and pulse until crackers are a crumb-like consistency. Transfer crumbs to a small bowl and add the melted butter and sugar.
- **1 sleeve graham crackers, 3 Tablespoons unsalted butter, 1/4 cup granulated sugar**
- Divide the graham crackers evenly to 18 liners. Use a rounded jar to firmly press the crackers down to form the crust. Set aside.
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For the filling.

- In a medium bowl, add the cream cheese, brown sugar, granulated sugar, eggs, pumpkin pie spice, and vanilla extract. Use a hand mixer (you can use a large standing mixer as well) to cream the ingredients together until smooth.
- **16 oz. cream cheese, 1/2 cup brown sugar, 1/4 cup granulated sugar, 2 large eggs, 1 1/2 teaspoon pumpkin pie spice, 1 teaspoon vanilla extract**
- Then add the pumpkin puree and stir with a spatula until fully combined.
- **1 cup pumpkin puree**
- Use a tablespoon to spoon the pumpkin mixture evenly on top of the graham cracker crusts.
- Bake for 15-18 minutes or until the middles are set and not jiggle.
- Transfer the cheesecakes to a wire rack. Remove the paper liners and refrigerate for three hours prior to eating.
- Add some whipped cream to the cheesecakes to serve.



Smile Power Orthodontics
discover your smile power

- “Life itself, is the most wonderful fairy tale”
- – Hans Christian Andersen



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ANNOUNCEMENTS

THANKFUL

To say Thank You to our patients, for the month of November, add a back up retainer to your treatment for half price! Ask us about adding back up retainers and pricing.

What makes you thankful this holiday season? Fill out a slip with Toni and submit for a chance to win a raffle for Ice Skating with a friend in downtown Walnut Creek!

History of Ortho

Did you know there has been evidence of forms of orthodontics stretching back thousands of years?

Archeologists have discovered mummies from ancient Egypt with metal bands wrapped around their teeth. Writings from Aristotle in ancient Greece mention ways to correct irregular teeth.

During the 18th century, orthodontics began taking more of a scientific form. French dentist, Pierre Fauchard, used a horse shoe shaped device to widen the arch to help align the teeth.

Later in the 19th century, Edward H Angle revolutionized the field by defining malocclusion (misalignment of teeth and bite) and developed the first classification system that we still use today. He designed early bracket systems, laying the foundation for modern braces

The 20th century brought major advances, such as the introduction of stainless steel wires, dental adhesives, and diagnostic tools such as xrays, and later, digital imaging.

By the late 1990s, clear aligner systems such as Invisalign, transformed orthodontics again, offering patients an aesthetic and removable alternative to traditional braces.

Today, orthodontics combines, art, science and technology- using 3D imaging, digital scanning, and even AI driven treatment planning – to create healthy and beautiful smiles.

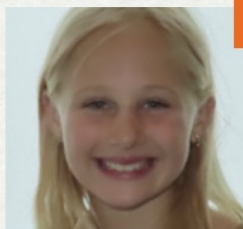
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W	A	B	F	O	O	T	B	A	L	L	V	O	F	M	Q	P	J

Find the following words in the puzzle.
Words are hidden ➔, ⬇, and ↘.

THANKFUL
STUFFING
MEMORIES
FOOTBALL
TOGETHER
PUMPKIN
FRIENDS

HOLIDAY
SWEATER
TURKEY
LEAVES
FAMILY
AUTUMN
GRAVY

GAMES
FALL
COZY
RAIN
PIE



SMILE OF THE MONTH!



See the back for a braces friendly recipe!