



Pumpkin Cheesecake Recipe

Ingredients:

Macros in P/C/F

28g crushed graham cracker for crust 2/21/3

2 blocks of fat free cream cheese 68/14/0

1/2 cup Splenda 0/12/0

1/2 tsp vanilla extract

1 egg 1 white 12/0/5

1/4 cup whole milk 2/3/2

120g canned pumpkin 1/10/.5

pinch of Pumpkin Pie Spice

dash of cinnamon

Directions:

Spray some non-stick spray in a 6" or 8" pie dish, and sprinkle the crushed graham cracker crumbs evenly for the crust.

Mix all ingredients but the eggs and pumpkin in a bowl with a mixer. Once the batter is smooth add the eggs; mix until you've a creamy consistency. Mix the pumpkin into the batter and once you are done mixing the pumpkin, pour the batter into the pie dish.

Bake at 325°F for about 30-40 minutes... check at the 30 minute mark and continue baking until the center is almost set, then set out to cool. Place in the refrigerator for a minimum of 3 hours and top with your favorite low-fat whipped topping before serving.