
Pumpkin Cheesecake

It wouldn't be a holiday feast without dessert! This delicious cheesecake is low in fat and carbs, and it's a perfect way to top the meal off. It can be made up to one week ahead of time and wrapped and refrigerated until ready to serve.

Serves 12

Crust:

- 12 low-fat graham crackers
- 4 tablespoons canola margarine

Filling:

- 1 (16-ounce) package silken tofu
- 1 (15-ounce) can solid pack pumpkin
- 1/2 cup fat-free cream cheese, at room temperature
- 1 cup sugar substitute
- 1 teaspoon vanilla extract
- 2 teaspoons pumpkin pie spice

Preheat the oven to 350 degrees. Spray an 8-inch springform pan with fat-free, butter-flavor cooking spray. In a food processor, combine the graham crackers and margarine until even. Press the crumb mixture into the bottom of the pan and also up the sides of the pan about 1/2-inch. Bake the crust for about 10 minutes, or until set. Remove and let cool completely. While the crust is cooling, puree the tofu in a food processor until it is smooth. Add the pumpkin and pulse until well blended. Add the cream cheese and the rest of the ingredients and process until well combined and smooth. Pour the filling into the prebaked crust and bake for about 50 minutes. Turn the oven off and leave the pumpkin cheesecake in the oven for another hour, making sure not to open the oven door. Transfer it to a wire rack and let it cool completely. Cover it loosely with plastic wrap and refrigerate for at least eight hours before serving.

Nutritional value per serving:

- Calories:146
- Carbs:12 grams
- Protein:4 grams
- Fat:4 grams
- Fiber:2 grams

Nancy Adler

CERTIFIED FITNESS & NUTRITION C.F.T./S.S.N./S.S.C.

Cornerstone Commerce Center
1201 New Road, Suite 111-A
Linwood, NJ 08221

Phone: 609-653-4900
