

Double Layer Pumpkin Cheesecake



Makes 12 servings.

Per serving: 209 calories, 7 g protein, 21 g carbohydrate, 10.5 g fat, 5 g saturated fat, 2.7 g monounsaturated fat, 1.3 g polyunsaturated fat, 38 mg cholesterol, 1 g fiber, 273 mg sodium

Cheesecake is a traditional dessert for Christmas and Hanukkah celebrations across America. Take the fat and calories down a few notches by using light cream cheese and an egg substitute in place of one of the eggs. Instead of using the prepared graham cracker crust, make your own low-fat graham cracker crust!

INGREDIENTS:

1 cup low-fat graham cracker crumbs (put **6 1/2** whole low-fat graham crackers in a food processor to make the crumbs)

1/2 cup finely chopped pecans

2 Tbsp light pancake syrup or maple syrup

1/2 tsp ground cinnamon

2 Tbsp whipped butter or no trans fat margarine (with 8 g of fat per tablespoon), melted

2 (8 oz) packages light cream cheese, softened

1/2 cup white sugar

1 tsp vanilla extract

1 egg

1/4 cup egg substitute

1/2 cup pumpkin puree

1 tsp pumpkin pie spice (**1/2 tsp** ground cinnamon and a **couple pinches** of ground cloves and ground nutmeg can be substituted)

1/2 cup light frozen whipped topping, thawed, or light whipped cream (optional)

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a large bowl, stir together the graham cracker crumbs, pecans, pancake syrup, cinnamon, and melted butter; press into the bottom of a 9-inch spring form pan. Bake in preheated oven for 10 minutes.
3. Reduce the oven to 325°F. In a large bowl, combine cream cheese, sugar, and vanilla. Beat until smooth. Blend in egg and egg substitute, beating well after each addition. Remove 1 cup of batter and spread evenly on crust; set aside.
4. Add pumpkin and pumpkin pie spice to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
5. Bake in preheated oven for 40 minutes or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Serve each slice with a dollop of light whipped topping or whipped cream (if desired) with a sprinkle of freshly grated nutmeg over the top.