



HG's Perfect Pumpkin Cheesecake



1/8th of recipe (1 slice): 143 calories, 5.5g total fat (3.5g sat. fat), 299mg sodium, 18g carbs, 1.5g fiber, 5.5g sugars, 10.5g protein

Prep: 15 minutes **Cook:** 50 minutes

Cool: 1 hour, plus 3 hours chill time

More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

1/2 cup reduced-fat cream cheese, room temperature
2 cups light/low-fat ricotta cheese
3/4 cup canned pure pumpkin
1/2 cup fat-free plain Greek yogurt
1/2 cup egg whites or fat-free liquid egg substitute
1/4 cup all-purpose flour
1/4 cup [Truvia spoonable calorie-free sweetener](#) (or another no-calorie granulated sweetener; see *HG FYI*)
2 tsp. vanilla extract
1 tsp. pumpkin pie spice
1 tsp. cinnamon

1/4 tsp. salt
1/4 tsp. nutmeg
1 sheet (4 crackers) low-fat honey graham crackers, lightly crushed

Directions

Preheat oven to 325 degrees. Spray a 9" springform cake pan with nonstick spray. Wrap foil around the bottom of the pan to prevent condensation from dripping into the oven.

In a large bowl, stir cream cheese until smooth. Add ricotta cheese and pumpkin. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding all remaining ingredients *except* graham crackers. Beat until smooth, another 1 - 2 minutes.

Evenly pour mixture into the cake pan.

Bake until firm and light golden brown, about 50 minutes.

Let cool completely, about 1 hour.

Refrigerate until chilled, at least 3 hours.

Sprinkle with crushed graham crackers. Release springform, and slice.

MAKES 8 SERVINGS

HG FYI: Truvia spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar instead of Truvia, double the amount called for in this recipe.

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