



The Great Pumpkin Cheesecake Bars



1/9th of pan: 161 calories, 9g total fat (5g sat. fat), 261mg sodium, 18g carbs, 2.5g fiber, 4g sugars, 7.5g protein

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Prep: 15 minutes **Cook:** 55 minutes

Cool/Chill: 3 hours and 20 minutes



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Ingredients

Crust

1 cup old-fashioned oats
1/4 cup whipped butter
1/4 cup unsweetened applesauce
3 tbsp. powdered peanut butter or defatted peanut flour
2 tsp. [Truvia spoonable calorie-free sweetener](#) (or another natural brand that's about twice as sweet as sugar)
1 tsp. cinnamon
1/4 tsp. salt

Filling

One 8-oz. tub light/reduced-fat cream cheese, room temperature
1 cup fat-free plain Greek yogurt
3/4 cup canned pure pumpkin
3 tbsp. [Truvia spoonable calorie-free sweetener](#) (or another natural brand that's about twice as sweet as sugar)
2 tbsp. egg whites (about 1 large) or fat-free liquid egg substitute
2 tsp. vanilla extract
1 1/2 tsp. cornstarch or arrowroot powder
1 1/2 tsp. cinnamon
1/2 tsp. pumpkin pie spice
1/8 tsp. salt
Optional topping: light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free Cocowhip Light](#))

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Place oats in a small food processor, and pulse until the consistency of coarse flour.

In a small microwave-safe bowl, microwave butter for 20 seconds, or until melted.

In a large bowl, combine ground oats, melted butter, and remaining crust ingredients. Mix until uniform with the consistency of wet sand.

Evenly distribute along the bottom of the baking pan, using your hands or a flat utensil to firmly press and form the crust. Press it into the edges of the pan.

Bake until firm, about 10 minutes.

Let cool completely, about 20 minutes.

Meanwhile, reduce oven temperature to 300 degrees, and prepare filling.

In a large bowl, combine cream cheese with yogurt. With an electric mixer set to medium speed, beat until smooth and uniform, about 2 minutes.

Set mixer to low speed. Continue to beat while gradually adding remaining filling ingredients. Beat

until just mixed, about 1 minute.

Top crust with filling, and smooth out the top. Bake until firm, about 40 minutes.

Let cool completely, about 1 hour.

Refrigerate until chilled, at least 2 hours.

MAKES 9 SERVINGS

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