



## 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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.  
\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

---

Publish Date: October 12, 2015

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.