



PUMPKIN CHEESECAKE

One of the best parts of the fall season is all the delicious treats made with pumpkin! Pumpkin is high in vitamin A and potassium, and this recipe incorporates it into a rich and creamy cheesecake with less fat and calories.

Yield: 10 slices

Ingredients:

1 cup graham cracker crumbs
3/4 cup + 2 tablespoons sugar, divided
4 tablespoons butter, melted
8 ounces light cream cheese, softened
1 teaspoon vanilla extract
4 ounces nonfat plain Greek yogurt
2 eggs
1 cup canned pumpkin
1/4 teaspoon salt
3/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

Preparation:

1. Preheat oven to 350°F.
2. To make the crust, combine graham cracker crumbs, butter and 2 tablespoons sugar in a medium bowl; blend until the texture of coarse meal.
3. Press crumb mixture into the bottoms and sides of a 9-inch pie pan.
4. Bake for 8 minutes; let cool before filling.
5. While the crust is cooling, beat cream cheese, 1/2 cup sugar, yogurt and vanilla extract with an electric mixer until smooth (30-45 seconds).
6. Add eggs, one at a time; blend well after each one.
7. Mix in 1/4 cup sugar, pumpkin, salt, and spices. Pour into graham cracker crust.
8. Bake one hour or until filling is set. Run knife around edge of pan.
9. Cool to room temperature; chill at least 4 hours before serving.

Nutrition Information (1 slice): 228 Calories; 4.8 grams protein; 10.1 grams fat; 5.5 grams saturated fat; 28.6 grams carbohydrate; 22 grams sugar; 1.2 grams fiber; 256 mg sodium

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