

RECIPE



Pumpkin Pie Cheesecake Petites



- 1 – 15 oz can of plain pumpkin
- 7.5 oz white beans, drained and rinsed
- 1 – 8 oz reduced fat cream cheese
- 3/4 cup sugar (save 3 T to sprinkle on cake after baking)
- 2 medium eggs
- 2 tsp vanilla
- 1.5 tsp pumpkin pie spice
- 1/2 tsp turmeric
- 1.5 tsp cinnamon
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup graham crackers (7 crackers)
- 1 T Land O' Lakes butter with olive oil
- Cooking spray

In food processor, blend until smooth: beans, cream cheese and egg. Add pumpkin and remaining ingredients, except graham crackers and butter with olive oil.

Preheat oven to 350 F. Coat 8 X 11 inch baking dish with cooking spray. In separate bowl, melt olive oil butter, add crushed graham crackers, mix together then press into dish. Add pumpkin batter to dish and bake for 30-35 minutes. Top with sugar and let cool, then refrigerate. Cut into 24 squares.

Nutrition Info per square- 164 calories, 2 g protein, 3 g fat, 1 g fiber, 14 g of carbs, 9 grams of sugar, 107 mg of sodium , 93 mg potassium, 56% of daily value for vitamin A, 1% of daily value for vitamin C.