

Lo-Carb Pumpkin Cheesecake

Ingredients

3 (8 ounce) packages cream cheese
1 (15 ounce) can pumpkin puree
2/3 cup Splenda sugar substitute
1/2 teaspoon vanilla extract
1/2 teaspoon cinnamon
1/4 teaspoon ground ginger
3 eggs, at room temperature



Directions

Heat oven to 325°F.
Spray 8" spring-form pan with non-stick cooking spray.
Line with parchment or wax paper, spray paper.
Beat cream cheese with an electric mixer until smooth.
Add pumpkin, Splenda, vanilla, cinnamon and ginger & beat until smooth.
Beat in one egg at a time until combined.
Pour batter into pan.
Bake 42-45 minutes or until cake is set in the center.
Turn the oven off, crack the oven door and let stand in oven for 15 minutes.
Remove pan from water bath and transfer to cooling rack; cool completely.
Run knife around edge of cake, cover and refrigerate 4 hours to overnight.
Remove outer ring and slide onto serving plate.
Makes 10 servings

Nutritional Information:

Calories:	278
Effective Carbs	9g
Fat	25g
Protein	6.3g

WEIGHT LOSS
SUCCESS