

Pumpkin Cheesecake Bars

Looking for a great cheesecake recipe that'll have everyone talking? If you have canned pumpkin laying around, and you're unsure of what to do with it, test out this spin on classic cheesecake! It is a delicious dessert that is perfect for pumpkin pie and cheesecake lovers.



Servings: 12

Total Time: 25 minutes

Filling Ingredients:

12 oz cream cheese (or reduced fat cream cheese)

1 cup pumpkin puree

¼ cup sugar

¼ tsp cinnamon

¼ tsp pumpkin pie spice

1-1/4 tsp pure vanilla extract

2 tsp cornstarch

Crust Ingredients:

10 sleeves graham crackers

3 tbsp canola oil

Directions:

1. To make the crust, place 10 sleeves of graham crackers in a food processor and process until powdery. Add 3 tablespoons of canola oil to the food processor until combined. If you don't have a food processor, place 2 sleeves of graham crackers in a blender at a time. When crackers are blended to a powder dump into a separate bowl. Continue blending graham crackers until all 10 are powdered. In the bowl of blended graham crackers, add 3 tablespoons of canola oil. Mix with spoon or small rubber spatula until combined. (Tip: adding canola oil in the blender with powdered graham crackers will NOT work; contents will stick to sides of blender)
2. Line 8x8 pan with parchment paper. Take graham cracker-oil combo and press it to the bottom of a 8x8 pan until compact.
3. Bring your cream cheese to room temperature or gently warm until easily stir-able.
4. Preheat oven to 350°F.
5. Blend all ingredients together. Take caution not to overblend, this can add to much air to the filling and cause the cheesecake to crack.
6. Pour the batter into the 8x8 pan, smooth out evenly, and place on the middle rack of your oven.
7. Fill a second baking pan with water and place it on the bottom rack of the oven to help prevent cracking of cheesecake.
8. Bake for 25 minutes. Next, turn off the oven but leave the cheesecake in the oven with the door shut for 5 more minutes.
9. Next, remove the cheesecake from the oven and let sit at room temperature for at least 1 hour. (Do not skip this step, putting the cheesecake straight into the refrigerator will cause cracking).
10. Finally, refrigerate for at least 4 hours. Cut and enjoy!

Nutrition Facts

Serving Size: 1 bar (0.0g)
Servings Per Container: 12

Amount Per Serving

Calories 190 Calories from Fat 120

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 170mg **7%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 8g

Protein 3g

Vitamin A 60%

Vitamin C 0%

Calcium 4%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.