

# PUMPKIN CHEESECAKE BARS

Looking for a great cheesecake recipe that'll have everyone talking? If you have canned pumpkin 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



## Crust Ingredients:

10 graham cracker sheets

3 tbsp. canola oil

## Filling Ingredients:

12 oz. reduced fat cream cheese at room temperature

1 cup pumpkin puree

¼ cup sugar

¼ tsp. cinnamon

¼ tsp. pumpkin pie spice

1 ¼ tsp pure vanilla extract

2 tsp cornstarch

## Directions:

Preheat oven to 350 F.

To make the crust, place 10 graham crackers in a food processor and process until they resemble bread crumbs. Add 3 tablespoons of canola oil to the food processor and mix until combined.

If you don't have a food processor, place graham crackers in a gallon freezer bag. Crush graham crackers with a rolling pin until they resemble bread crumbs. Empty in a bowl. Add 3 tablespoons of canola oil to the bowl with the graham crackers and mix well.

Line an 8x8 pan with parchment paper. Take graham cracker-oil combo and press it to the bottom of an 8x8 pan until compact.

Add the cream cheese to a large bowl. Add pumpkin puree, sugar, cinnamon, pumpkin pie spice, vanilla extract and cornstarch to the same bowl. Using a hand mixer or a whisk, blend well,

Pour the batter into the 8x8 pan, smooth out evenly, and place on the middle rack of your oven.

Fill a second baking pan with water and place it on the bottom rack of the oven. This helps prevent cracking of cheesecake.

Bake for 25 minutes. Turn off the oven, but leave the cheesecake in the oven with the door shut for 5 more minutes. Remove the cheesecake from the oven and let it sit at room temperature for at least 1 hour. (Do not skip this step; putting the cheesecake straight into the refrigerator will cause cracking). Refrigerate for at least 4 hours. Cut and enjoy!

| <b>Nutrition Facts</b>                                    |                       |
|---|-----------------------|
| Serving Size: 1 bar (0.0g)                                |                       |
| Servings Per Container: 12                                |                       |
| Amount Per Serving  |                       |
| <b>Calories</b> 190                                       | Calories from Fat 120 |
| % Daily Value*  |                       |
| <b>Total Fat</b> 14g                                      | <b>22%</b>            |
| Saturated Fat 6g  | <b>30%</b>            |
| Trans Fat 0g  |                       |
| <b>Cholesterol</b> 30mg                                   | <b>10%</b>            |
| <b>Sodium</b> 170mg                                       | <b>7%</b>             |
| <b>Total Carbohydrate</b> 14g                             | <b>5%</b>             |
| Dietary Fiber 1g  | <b>4%</b>             |
| Sugars 8g   |                       |
| <b>Protein</b> 3g   |                       |
| Vitamin A 60%   | Vitamin C 0%          |
| Calcium 4%  | Iron 4%               |
| * Percent Daily Values are based on a 2,000 calorie diet. |                       |