



CRUSTLESS PUMPKIN CHEESECAKE

RECIPE

INGREDIENTS

3 (8 ounce) packages fat-free cream cheese,
warmed in a microwave for 15 seconds

1/3 cup Sugar Substitute (brown sugar ideal)

3 large eggs

1 (15 ounce) can pumpkin puree

1/2 cup no sugar added vanilla yogurt (Greek or
regular)

2 tablespoons all-purpose flour or almond flour

1-1/2 teaspoons ground cinnamon

1 teaspoon ground ginger

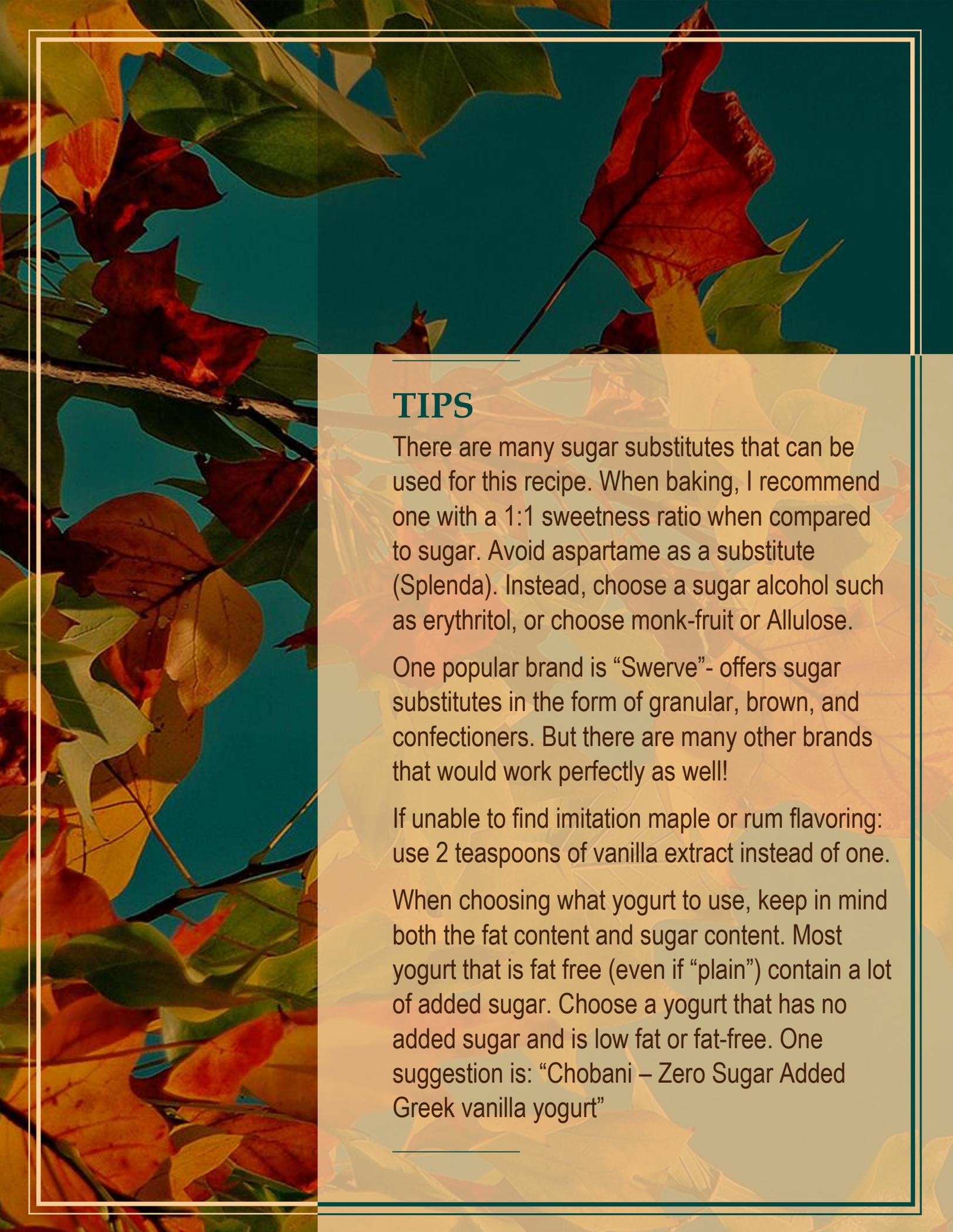
1 teaspoon imitation maple or rum flavoring
(optional)

1 teaspoon vanilla extract



INSTRUCTIONS

1. Preheat oven to 350 degrees F. Coat the bottom and sides of a 9-inch spring form pan with non-stick cooking spray.
2. Using an electric mixer, beat cream cheese and sugar substitute blend until smooth. Beat in eggs one at a time. Blend in pumpkin, yogurt, flour, cinnamon, ground ginger, maple flavoring, and vanilla.
3. Pour filling into prepared pan. Bake until outer rim is puffy and center is slightly wobbly, about 1 hour and 10 minutes.
4. Remove from oven and run a butter knife around the inner edge but do not remove the pan side. Let stand at room temperature 30 minutes.
5. Refrigerate warm cake, uncovered, until cold. Then cover with foil and refrigerate at least 4 hours (or up to 3 days).
6. Remove 1 hour before serving.
7. When ready to serve, carefully remove side of pan. Cut into 12 wedges. Enjoy!



TIPS

There are many sugar substitutes that can be used for this recipe. When baking, I recommend one with a 1:1 sweetness ratio when compared to sugar. Avoid aspartame as a substitute (Splenda). Instead, choose a sugar alcohol such as erythritol, or choose monk-fruit or Allulose.

One popular brand is “Swerve” - offers sugar substitutes in the form of granular, brown, and confectioners. But there are many other brands that would work perfectly as well!

If unable to find imitation maple or rum flavoring: use 2 teaspoons of vanilla extract instead of one.

When choosing what yogurt to use, keep in mind both the fat content and sugar content. Most yogurt that is fat free (even if “plain”) contain a lot of added sugar. Choose a yogurt that has no added sugar and is low fat or fat-free. One suggestion is: “Chobani – Zero Sugar Added Greek vanilla yogurt”