



# Mantachie

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## Rural Health Care, Inc.

### Diabetic Living's No-Bake Pumpkin Cheesecake

#### Ingredients

- 1 recipe Graham Cracker Crust (see recipe below)
  - 1 envelope unflavored gelatin
    - 1/4 cup water
  - 1 1/2 8 ounce tub light cream cheese
    - 1 15-ounce can pumpkin
- 2 tablespoons sugar or sugar substitute\* equivalent to 2 tablespoons sugar
  - 1 teaspoon ground cinnamon
- 3/4 of an 8-ounce container frozen light whipped dessert topping, thawed
  - Frozen light whipped dessert topping, thawed (optional)
- Ground cinnamon, chopped toasted pecans, and/or pomegranate seeds\*\* (optional)

#### Directions

1. Prepare graham cracker crust (see below); set aside. In a small saucepan, stir together gelatin and the water; let stand for 5 minutes to soften. Cook and stir over low heat until gelatin dissolves; set aside to cool slightly.
2. In a large bowl, beat cream cheese with an electric mixer on medium speed until smooth. Add pumpkin, sugar, 1 teaspoon cinnamon, and the gelatin mixture; beat until well mixed. Fold in the three-quarters container of dessert topping. Spread mixture into crust in springform pan. Cover and refrigerate for 4 to 24 hours or until set.
3. Using a thin metal spatula or table knife, loosen the cheesecake from the side of the springform pan. If desired, use a wide spatula to remove cheesecake from bottom of pan and place on a serving plate. Cut into wedges to serve. If desired, top with additional whipped topping and garnish with additional cinnamon, chopped pecans, and/or pomegranate seeds\*\*.

Makes 14 servings.

#### Tip

- \*Sugar Substitutes: Choose from Splenda® Granular, Equal® Spoonful or packets, or Sweet 'N Low® bulk or packets. Follow package directions to use product amount equivalent to 2 tablespoons sugar for both crust and filling.
- \*Sugar Substitutes: PER SERVING WITH SUBSTITUTE: same as above, except 136 cal., 11 g carb.

- **\*\*Test Kitchen Tip:** To remove the seeds from a pomegranate, cut the pomegranate in half through the skin. Remove the peel and break the fruit into sections. Then separate the seeds from the membrane.
- **Tip:** To toast nuts, spread in a shallow baking pan lined with parchment paper. Bake in a 350 degrees F oven for 5 to 10 minutes or until golden, shaking pan once or twice.

Graham Cracker Crust: Ingredients

- 3/4 cup finely crushed graham crackers,
- 3 tablespoons canola oil
- 2 tablespoons sugar or sugar substitute\* equivalent to 2 tablespoons sugar

Directions

Preheat oven to 350 degrees F. In a small bowl, combine crushed graham crackers, canola oil, and sugar. Mix well. Spread evenly in bottom of an 8- or 9-inch springform pan; press firmly onto bottom. Bake for 5 minutes. Cool on a wire rack.

Nutrition Facts Per Serving:

Servings Per Recipe: 14

PER SERVING: 150 cal., 8 g total fat (4 g sat. fat), 11 mg chol., 144 mg sodium, 14 g carb. (1 g fiber), 5 g pro.