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Pumpkin No-Bake Cheesecake (S)

This is sure to become a favorite Holiday dessert for many! This delicious, yet simple to make, dessert is a great alternative to pumpkin pie, especially for those cheesecake fans out there. There's several different ways to serve this up - as a crustless cheesecake, cheesecake in a jar, or with your favorite S-style crust.

Serving Size: 8

INGREDIENTS:

Pumpkin No-Bake Cheesecake Ingredients...

- 1 cup boiling water
- 2 Tbsp THM Just Gelatin
- 1/4 cup THM Super Sweet Blend
- 16 oz 1/3 less fat cream cheese (2-8oz packages, softened)
- 15 oz pumpkin puree (1 small can)
- 1 tsp vanilla extract
- 1 Tbsp pumpkin pie spice

Simple Nut Baked Crust...

- 1 cup almond flour
- 1 large egg white
- 1 tsp THM Super Sweet Blend (ground in a coffee grinder)

INSTRUCTIONS:

For the Pumpkin No-Bake Cheesecake...

1. Bring one cup of water to a boil. Remove from heat and stir the Just Gelatin and Super Sweet Blend into the boiling water, until fully dissolved. Set aside.
2. In a large bowl, beat the cream cheese, pumpkin puree, vanilla extract, and pumpkin pie spice until smooth.

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3. Slowly incorporate the gelatin mixture, beating well after each addition.
4. Pour into a prepared pie crust, pie pan (for a crustless cheesecake), or your favorite dessert containers
5. Refrigerate for 3 hours.

For the Simple Nut Baked Crust...

1. Preheat the oven to 350 F.
2. Combine all the ingredients in a medium bowl, then press into a pie pan.
3. Bake for 10 minutes. Let cool until ready to fill.

SERVING SUGGESTION:

Serve topped with homemade whipped cream or fat-free Reddi Wip, for our Drive Thru Sues.

NSI (if using store-bought, plan-approved sweetener in place of THM Super Sweet Blend and store-bought beef gelatin in place of THM Just Gelatin)

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The [*Pumpkin No-Bake Cheesecake*](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.