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## **Crustless Pumpkin Cheesecake**

Holidays can be a time when we want to gravitate to our comfort foods. More often than not those old family favorites may be high in calories, fat, and sugar. One tip to keep your wellness goals on track this holiday season is to bring a lighter version of those traditions with you. This is a light, creamy version of pumpkin cheesecake that can satisfy your craving for fall.

### Ingredients:

- 8 oz. Fat Free Cream Cheese
- ½ cup Canned Pumpkin
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- 8 oz. cool whip, light (thawed)

### Preparation:

1. In a mixing bowl, cream together cream cheese, pumpkin and spices. Mix on high until well blended.
2. Fold in light cool whip until well blended. Pour into a pie plate and let chill in the refrigerator for a few hours to set. (Or scoop into wine glass for a fun presentation or small 2 ounce cups for a just right portion)

Source: [www.foodcoach.me](http://www.foodcoach.me)