

# PUMPKIN RICOTTA CHEESECAKE

Serving size: 1 each

Makes 16 servings

## Ingredients:

- 2-1/4 cup Part Skim Ricotta Cheese
- 1/4 cup Low-Fat Cottage Cheese
- 15 oz Can Pumpkin
- 1-1/4 cup Granulated Sugar
- 1/2 tbsp Vanilla Extract
- 2 tbsp Corn Starch
- 1 tsp Ground Cinnamon
- 1/2 tsp Ground Nutmeg
- 3/4 cup Egg Whites
- 3 spray Cooking Spray
- 1 cup Graham Cracker Crumbs

## Preparation:

1. Preheat oven to 350 F.
2. In a food processor, blend ricotta, cottage cheese, and pumpkin until a smooth, sour-cream-like consistency is achieved. Add sugar, vanilla, cornstarch, cinnamon, and nutmeg, then blend. Add egg whites and blend until combined.
3. Lightly spray a 9" springform pan with cooking spray. Evenly distribute graham cracker crumbs to thinly coat the bottom of the pan then pour in cheesecake mixture. Place pan on a baking sheet in a water bath and bake in the oven for 40-50 minutes or until set.
4. Cool thoroughly before unmolding. Slice cake into 16 slices.



## NUTRITION FACTS PER SERVING

calories	160
<b>total fat (g)</b>	3.5
saturated fat (g)	2
trans fat (g)	0
<b>sodium (mg)</b>	95
<b>total carbohydrate (g)</b>	26
dietary fiber (g)	1
sugar (g)	18
<b>protein (g)</b>	6

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