

PROTEIN PACKED PUMPKIN CHEESECAKE

Ingredients

For Crust:

- 2 cups *Fiber One* bran cereal (original), ground to a breadcrumb-like consistency in a blender or food processor
- 1/4 cup light buttery spread (like Smart Balance Light), melted & mixed with 2 Tbsp. water
- 3 Tbsp. Splenda (granulated)
- 1 tsp. cinnamon

For Filling:

- 32 oz. fat-free cream cheese, room temperature (four 8 oz. packages)
- 1 cup fat-free liquid egg substitute
- 1 cup canned pure pumpkin
- 1 cup Splenda (granulated)
- 1/4 cup Splenda Brown Sugar
- 1 tsp. vanilla extract
- 1 tsp. pumpkin pie spice

For Topping:

- 3/4 cup fat-free sour cream
- 1/4 cup Splenda (granulated)
- 1/2 tsp. vanilla extract

Directions

1. Preheat oven to 325 degrees

For Crust:

2. Grind 2 cups Fiber One to a breadcrumb-like consistency in a food processor
3. Combine Fiber One, butter, water, Splenda and cinnamon and mix thoroughly
4. Spray 9" Springform pie pan with nonstick spray and evenly distribute crumb mixture using flat utensil to firmly press and form the crust along the bottom and set aside

For Filling:

5. In a large bowl, combine all filling ingredients
6. Using an electric mixer set to medium speed, mix until completely blended and lump-free
7. Pour mixture into the pan
8. Bake in the oven for approximately 1 hour and 20 minutes, until set
9. Allow pie to chill in the fridge for at least 3 - 4 hours (overnight is best)
10. Once pie has chilled, carefully release and remove Springform top

For Topping:

11. In a small bowl, mix all topping ingredients together until thoroughly blended
12. Spread topping evenly over the pie

Yield: 12 slices

Calories: 160

Fat: 3.25 g

Protein: 15 g

Carbs: 20 g (5g fiber)



RECIPES



For eating well
after bariatric
surgery

This recipe has
1/3 the calories,
1/10 the fat,
and twice the
protein and
fiber as a small
slice of regular
pumpkin pie!

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