

Pumpkin Cheesecake Freeze

1 cup graham cracker crumbs (from a box)
1/3 cup Splenda Sweetener (lg box-not packets)
1 (8oz) block fat Free cream cheese
1 (8oz) block reduced fat cream cheese
1 (15 oz) can solid pack pumpkin
1/2 cup Splenda
2 tsp. Pumpkin pie spice (for cinnamon and nutmeg)
1 tsp vanilla

1. Place crumbs and 1/3 cup Splenda into a bowl. Blend with a whisk. Set aside.
2. Place cream cheese, pumpkin, 1/2 cup Splenda, spice and vanilla into a large bowl. Mix with electric blender until blended.
3. Reserve 1/3 crumb mixture for later use. Place remaining crumbs into bowl with the cream cheese mixture and mix with mixer until well mixed.
4. Spread mixture evenly in a 9" square pan.
5. Sprinkle top with the reserved crumbs.
6. Place in freezer to chill several hours or overnight. Let it sit out 1 hour before serving. Cut into 9 squares to serve.

Nutritional Information: Cal: 168 Carb: 18g, Chol: 22mg Pro: 7g
sod:311mg

Exchanges: 1 Starch, 1 Fat, 1/2 Medium Fat meat, Carb counting : 1 carb, 1 Fat, 1/2 Medium Fat meat