



KIDNEY-FRIENDLY & HEART-HEALTHY

Pumpkin Cheesecake

Makes 8 servings



DIRECTIONS

Preheat oven to 375 °F.

Brush pie crust with egg white and bake for 5 minutes at 375°F. Remove crust from oven and reduce oven heat to 350°F

Using an electric mixer, combine softened cream cheese, syrup, and vanilla extract. Add egg substitute, pumpkin puree, and pumpkin spice. Blend until smooth.

Pour the filling into the pie crust and bake for 40-50 minutes 350 °F. Let cool for 20 mins and refrigerate for 1 hour.

Top with 1 Tbsp of lite whipped topping before serving.

Enjoy!

INGREDIENTS

1 graham cracker pie crust

1 egg white

½ cup liquid egg substitute

16 oz low-fat cream cheese

½ cup pure maple syrup

1 tsp vanilla extract

½ cup pumpkin puree

1 tsp pumpkin pie spice

OPTIONAL

8 tbsp lite whipped topping, thawed

Nutrition Facts Per Serving (1 slice)	Calories	298
	Carbohydrates	30 g
	Protein	7 g
	Total Fat	16 g
	Phosphorus	119 mg
	Potassium	274 mg
	Sodium	339 mg

The recipes contained here are for educational purposes to promote a healthy diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your health condition, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.