

KIDNEY-FRIENDLY

Pumpkin Cheesecake

Makes 8 servings



DIRECTIONS

Preheat oven to 375 °F.

Prep Crust

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

Prep Filling

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

Combine and Bake

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.

INGREDIENTS

1 graham cracker pie crust
1 egg white
½ cup liquid egg substitute
16 oz low-fat cream cheese
½ cup granulated sugar
1 tsp vanilla extract
½ cup pumpkin puree
1 tsp pumpkin pie spice

OPTIONAL

8 tbsp lite whipped topping, thawed

Nutrition Facts Per Serving (1/8 of pie)

Calories	203
Carbohydrates	21 g
Protein	6 g
Total Fat	11 g
Phosphorus	98 mg
Potassium	192 mg
Sodium	239 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly 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 stage of kidney disease, 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.