

Sugar-free, nonfat pumpkin cheesecake

a sweet and wholesome treat for those who avoid sugar in their diet

ingredients:

1 qt Zoi Plain Nonfat Greek yogurt
1 can pumpkin (30 oz)
4 eggs

2 c Splenda®
2 tbsp cornstarch
1 tbsp pumpkin pie spice
1 tsp ground cinnamon
1 tsp vanilla extract

preparation:

Preheat oven to 325°

Combine dry ingredients in large bowl; combine yogurt, pumpkin and eggs in separate bowl and blend well. Add pumpkin-yogurt mixture to dry ingredients and thoroughly mix all ingredients.

Pour batter into springform pan, and bake in a water bath. If you don't have a large enough container to use as a water bath, fill an oven-safe container with water and put in the oven—along with the springform pan—to keep the moisture level high and prevent the cheesecake from cracking.

Bake for 1 1/2 hours. Remove from oven and cool. If possible, refrigerate overnight before serving.

Approximately 100 calories per slice (depending on the size of the slice).

Optional: Add crushed graham crackers to the bottom of the pan for an easy graham crust.



Recipe provided by Mark, one of our Zoi loyalists

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