

Cheesecake, Pumpkin #1

For crust, Chop nuts finely, add butter. Toast

Step 1: prepare Cheesecake:

2 pkg 8 oz cream cheese, softened
½ cup Splenda & some stevia drops
2 large eggs
1 tbs cornstarch ½
cup sour cream

Beat cream cheese and sugar in a large bowl - electric mixer on medium until smooth.
Beat in eggs one at a time until just well blended. Beat in cornstarch Fold in sour cream until well-blended.

Preheat oven to 425'.

Pour cheesecake over nut crust.

Step 2: mix Pumpkin

¾ cup sugar ½ tsp
salt 1 tsp cinnamon ½
tsp ginger ½ tsp clove
¼ tsp nutmeg 2 large
eggs
1 15 oz can pumpkin
12 oz evap milk (6 oz water, 6 oz cream, 2 scoops whey)

Mix sugar, salt, cinnamon, ginger, clove and nutmeg in a small bowl.
Beat eggs in a large bowl. Stir in pumpkin and sugar-spice mixture.
Gradually stir in milk.

Pour over cheesecake. Bake at 425' for 15 minutes. Reduce temp to 350' - bake for 40 to 50 minutes or until knife inserted in the middle comes out clean.

Cool on wire rack for 2 hours.



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