

# Healthy Living Program's Recipe Corner

~ eat clean, eat well! ~



Clean Eating Recipe of the Week from [HLP](#):

## Karen's Thanksgiving Pumpkin Cheesecake

(Serves 8)

### Ingredients:

#### Crust:

- 1/2 cup graham cracker crushed
- 1/2 cup ginger snaps crushed
- (or use 1 cup of either one of them)
- 1/4 cup white sugar
- 1/4 cup melted butter



Mix above ingredients and press into 9" spring form pan.

#### Filling:

- 3 - 250g (8oz) pkgs of cream cheese
- 1 cup light brown sugar
- 1/2 cup white sugar
- 5 eggs
- 16 oz. pumpkin puree
- 1 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/4 cup of half and half, whipped or sour cream
- 1 tsp vanilla

### Instructions

Beat cream cheese until smooth. Add both sugars gradually. Add eggs one at a time. Beat well after each addition. Beat in pumpkin, spices, heavy cream and vanilla at low speed.

Pour into buttered 9" pan with crust (butter edges). Bake at 325 degrees and cook for 1 1/2 hour. turn off oven and leave in 1/2 hour longer. Serve with whipped cream on top!

### Nutritional Information:

Trust me, you don't want to know! ENJOY and be THANKFUL!