

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Pumpkin Cheesecake with Gingersnap Crust
Serves 12**

Ingredients

- 1 recipe Gingersnap Crust (see recipe below)
- 1 envelope unflavored gelatin
- ½ cup sugar **or** sugar substitute equivalent
- ½ cup boiling water
- 2 (8-ounce) Neufchatel or light cream cheese, room temperature
- 1 (15-ounce) can pumpkin
- 1 teaspoon vanilla
- 1 teaspoon pumpkin pie spice* **or** ground cinnamon
- ¼ cup chopped pecans (optional)

Directions

1. Prepare Gingersnap Crust; set aside.
2. Mix gelatin, sugar, and water in a small sauce pan. Cook on low heat until gelatin is completely dissolved. Cool until warm to the touch.
3. In a large bowl, beat cream cheese with electric mixer on medium speed until creamy. Gradually beat in the gelatin mixture.
4. Add the pumpkin, vanilla, and pumpkin spice, and mix until well blended.
5. Pour mixture into pie crust. Refrigerate 3 hours or until firm.
6. Garnish with pecans if desired.

**To make your own pumpkin pie spice combine ½ teaspoon cinnamon, ¼ teaspoon nutmeg, 1/8 teaspoon ground ginger, 1/8 teaspoon ground cloves*

Gingersnap Crust

- Vegetable oil spray
- ¾ cup finely crushed gingersnap cookies (about 15 cookies)
- 2 tablespoons butter, margarine, or canola oil - melted

Preheat oven to 400 degrees. Spray 9-inch pie plate with vegetable oil spray. In a small bowl combine crushed gingersnaps and melted butter. Press evenly into bottom of pie plate. Bake for 5 minutes. Cool.

Nutritional Information per Serving:

Calories: 172	Carbohydrates: 14g
Total Fat: 12g	Cholesterol: 33mg
Saturated Fat: 6g	Dietary Fiber: 2g
Protein: 4g	Sodium: 160mg