

HEALTHFUL TIPS



Thanksgiving TREATS

Try these yummy no-added-sugar treats for your holiday celebration

Layered Pumpkin Cheesecake

- 2 packages (8 oz. each) light cream cheese, softened
- 1/2 cup Splenda
- 1/2 tsp. vanilla extract
- 1/2 cup egg substitute
- 1/2 cup canned pumpkin puree
- 1/2 tsp. ground cinnamon
- 1/2 tsp. apple pie spice
- 1 cup Cool Whip Light

Preheat oven to 325 F. In large bowl combine softened cream cheese, Splenda, and vanilla. Beat with electric mixer until smooth. Blend in egg substitute. Spray the bottom of a glass baking dish sparingly with non-stick spray and spread one cup of batter into the bottom.

Add pumpkin and spices to remaining batter and stir until blended. Carefully spread pumpkin layer over first layer. Bake for 35-45 minutes until center is almost set. Allow to cool and then chill for several hours or overnight. Serve with a dollop of Cool Whip Light. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 168 calories, 5 grams protein, 10 grams fat, 9 grams carbohydrate, 286 mg sodium.

Pumpkin Pie

- 4 oz. light cream cheese, softened
- 1 tbsp. skim milk
- 3 pkts. Splenda® sweetener
- 1 1/2 cups Cool Whip Lite®
- 1 prepared 9" graham cracker pie crust
- 1 cup skim milk, cold
- 16 oz. canned pumpkin
- 2 pkgs. vanilla instant pudding, no-added-sugar (4 serving size)
- 1 tsp. cinnamon, ground
- 1/2 tsp. ginger, ground
- 1/4 tsp. cloves, ground

Mix cream cheese, 1 tbsp. milk and 3 pkts. Splenda in a large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust. Pour 1 cup of cold milk into large bowl. Add pumpkin, pudding mixes and spices. Beat with wire whisk until well mixed. Mixture will be thick. Spread over cream cheese layer. Refrigerate 4 hours or until set. Garnish with additional whipped topping, if desired. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: calories 218; protein 5 grams; fat 8 grams; sodium 367 mg

Light Apple Crisp

- 4 cups apple slices
- 1 cup 100% apple juice
- 1 Tbsp cinnamon, ground
- 1 cup Splenda®
- 2 cups oatmeal
- Mix together apple juice, cinnamon, 1/2 cup Splenda®.

Soak apple slices in this mixture for 20 minutes. Cook oatmeal as directed on package. Stir in 1/2 cup Splenda to cooked oatmeal and set aside. Place apple mixture in the bottom of a baking dish, top with oatmeal. Bake for 20 minutes at 350 degrees F or until oatmeal is crisp. Makes 12 servings.

NUTRITIONAL INFORMATION PER SERVING: 83 calories, 2 grams protein, 1 gram fat, 20 grams carbohydrate.

Light and Fluffy No-Bake Pumpkin Cheesecake

- 2 8-oz packages fat free cream cheese
- 1/3 cup Splenda®
- 1 8-ounce tub light whipped topping
- 1 cup canned pumpkin
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- 1 prepared graham cracker pie crust

In a mixing bowl, combine cream cheese, Splenda, whipped topping, vanilla, and pumpkin pie spice; beat until fluffy. Add pumpkin and mix well. Pour into graham cracker crust and chill until set. Serve when cold. Garnish with whipped topping, if desired. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 233 calories, 12 grams protein, 8 grams fat, 29 grams carbohydrate, 165 mg sodium.

Pumpkin Mousse

- 1 pkg. instant vanilla pudding, sugar free (6 serving size)
- 3 cups skim milk
- 1/2 cup pumpkin, solid-packed
- 1 tsp. pumpkin pie spice
- 1/2 cup Cool Whip Lite®
- 1 cup plain yogurt
- 1 tsp. vanilla extract

Mix pudding and skim milk with wire whisk or mixer for 2 minutes. Fold in remaining ingredients. Spoon into cups or stemmed glasses. Garnish with a sprinkle of cinnamon and a dollop of Cool Whip Lite. Makes six servings.

NUTRITIONAL INFORMATION PER SERVING: 106 calories, 7 grams protein, 1 gram fat and 207 mg sodium.