

Pumpkin Pecan Cheesecake



Recipe developed by Paige Vondran

Directions:

- In a small bowl, mix together canned pumpkin, cinnamon, caramel dip, vanilla extract, liquid Stevia and cream cheese until thoroughly combined and smooth.
- In a separate bowl, mix finely chopped (or ground) pecans with melted butter; add ¼ tsp sugar-free vanilla syrup (optional).
- Pour pecan and butter mixture into the bowl with cream cheese mixture. Garnish with a dash of ground cinnamon.
- Serve chilled.

Ingredients

		Exchange
Heavy cream	None	—
Protein	41.1g Philadelphia® Original cream cheese, brick	2.2 (-12.1g fat)
	13.1g dry roasted pecans	1.5 (-8.25g fat)
Fat	8.9g butter	6 (-21.1g)
Carbohydrate	14.3g pumpkin, canned	1.3
Other	1/8 tsp vanilla extract	—
	3 drops liquid Stevia	—
	½ tsp ground cinnamon	—
	½ tsp Walden Farms® caramel dip	—
	¼ tsp DaVinci Gourmet® sugar-free vanilla syrup (optional)	—

Variations:

- For diets that require heavy cream, you may whip the cream and mix it in with the first step.
- DaVinci Gourmet® sugar-free pumpkin pie syrup may be added to enhance the pumpkin flavor.

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This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.