



## Pumpkin Cheesecake

### **Serves 12**

2 cups chocolate cookie crumbs  
½ cup melted butter  
2 – 8 oz. packages full fat cream cheese – room temperature  
2/3 cup sugar  
3 eggs – room temperature  
¼ cup sour cream  
1 cup pumpkin pie filling\*  
2 TBS flour  
1 tsp. vanilla or maple extract

Preheat oven to 350 degrees.

In a bowl mix together the cookie crumbs and the melted butter. Press the cookie mixture into a 9 inch springform pan.

Place the cream cheese in a bowl and beat until creamy. Add the sugar, eggs, sour cream and pumpkin pie filling. Beat until smooth. Add the flour and maple or vanilla extract. Beat until smooth and creamy.

Pour cream cheese mixture into the pan. Bake cheesecake for about 1 hour – until the filling is set but still jiggles a bit in the middle. Remove cheesecake from oven and allow cooling down completely. Loosely cover pan and refrigerate for at least 5 hours. Remove from fridge, slice and enjoy!

\*If you are using pure pumpkin pie add ½ tsp. cinnamon powder, ¼ tsp. ground ginger, ¼ tsp. ground allspice and 1/8<sup>th</sup> tsp. ground cloves.

CALORIES 465.10; FAT 31.17 grs (sat 14.7; mono 8.27; poly 1.97); PROTEIN 6.53 grs ; FIBER 0.66 grs; CARBS 40.75 grs; CHOLESTEROL 119.99 mg; IRON 1.66 mg; SODIUM 202.67 mg; CALCIUM 87.40 mg

