

# Pumpkin Pie Cheesecake (S-style)

Let's applaud *JoAnna Schrock* for developing this delicious, low-carb, no-sugar **Pumpkin Pie Cheesecake** for those of us who have a hankering for something healthy and sweet at the same time!

## Crust:

- 1 cup finely chopped almonds or pecans
- ¼ cup melted butter
- 1 Tbsp. THM Sweet Blend (or ¼ cup *Swerve Sweetener* or *xylitol* or *erythritol* or *Truvia*)
- ½ tsp. cinnamon

Mix and press into the bottom of a 9-inch pie pan.

## Cheesecake:

- Two 8 oz. packages "1/3 Less Fat" cream cheese
- 2 Tbsp. + ½ tsp. (divided) THM Sweet Blend (or ½ cup + 2 Tbsp. *xylitol* or *erythritol* or *Truvia* or *sweetener of your choice* - divided)
- 2 eggs
- 1 tsp. vanilla
- ½ cup canned pumpkin (make sure this has no added sugars or sweeteners in the can)
- 1 tsp. pumpkin pie spice
- ½ tsp. xanthan gum or glucomannan powder

In large bowl, beat together cream cheese, 2 Tbsp. THM Sweet Blend (or ½ cup sweetener of your choice), eggs, and vanilla. Spread 1½ cups of batter evenly over the crust. To the remainder of the batter, add pumpkin, pumpkin pie spice, ½ tsp. THM Sweet Blend (or 2 Tbsp. *sweetener of your choice*), and xanthan gum or glucomannan. Beat together well. Spread evenly on top of the other batter. Set the cheesecake into a pan containing a small amount of water (½" high) so the top of the cheesecake won't crack while being baked. Bake at 325° F for 1 hour or until nearly set. Cool cheesecake on baking rack; chill in refrigerator for 2-4 hours until firm. Cut cheesecake into 12 servings.

*Optional: you may add a squirt of Reddi Whip on top and a drizzle of **Pumpkin Spice Latté Syrup**:*

- 1 Tbsp. THM Sweet Blend (or ½ cup *xylitol* or *erythritol* or *Truvia* or *sweetener of your choice*)
- ½ cup water
- pinch of salt
- 2 tsp. pumpkin pie spice
- ¼ cup canned pumpkin

In a small saucepan, heat sweetener of your choice, water, and salt on medium-low heat. Whisk in the rest of ingredients and simmer for 10 to 15 min. on low or medium-low, stirring occasionally until sauce has thickened. Syrup may be stored in refrigerator for up to one week. It thickens as it cools, so you may thin it with water to your desired consistency.



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