Ingredients

- 4 ounces fat free cream cheese, softened
- 4 ounces reduced fat cream cheese, softened
- 1 cup canned pumpkin
- ½ cup brown sugar
- 1 teaspoon pumpkin pie spice
- 1 cup thawed whipped topping (such as cool whip or truwhip)
- ready-to-use graham cracker crumb crust (6 ounces)

Directions

Beat the cream cheeses, pumpkin, sugar and pumpkin pie spice with electric mixer on medium speed until well blended. Gently stir in 1 cup of the whipped topping. Spoon the pumpkin cream cheese mixture into crust. Refrigerate at least 3 hours (or overnight if you can). Serve topped with whipped topping if desired.

Cook’s Notes
Nutritional Estimates Per Serving: (1/8th): 234 calories, 10.5 g fat, 31.5 g carbs, 2 g fiber, 5.1 g protein and

Ingredients

For the potatoes:

- 1 1/2 pound sweet potatoes
- 2 1/2 tablespoons pure maple syrup
- 1/4 cup unsweetened almond milk
- 1 tablespoon vanilla extract
- 1 egg
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- pinch of ginger

Topping:

- 2 tablespoons whole wheat flour
- 1/4 cup rolled oats
- 3 tablespoons brown sugar
- 1/4 cup chopped pecans
- 1/4 teaspoon cinnamon
- 1 tablespoon melted butter

Directions

1. Preheat oven to 400 degrees F. Spray a 9x9 inch pan or a 1 1/2 quart oven safe baking dish with nonstick cooking spray; set aside.
2. Wash sweet potatoes and use a fork to poke holes in sweet potatoes; about 4-5 pokes per potato used. Place potatoes on a baking sheet lined with foil and roast for 40-50 minutes or until fork tender. Allow potatoes to cool for 5-10 minutes. Lower oven heat to 350 degrees F.
3. Cut open potatoes and discard the skin. Place potatoes in a large bowl and add in maple syrup, almond milk, vanilla, egg, salt and spices. Use an electric mixer to beat until smooth. Pour into prepared baking pan.
4. To make the topping: Whisk together flour, oats, brown sugar, pecans and cinnamon. Use a fork to stir in the melted butter. Sprinkle all over the top of the potato mixture. Bake for 25-30 minutes or until the top is slightly golden brown. Remove from oven and let cool for 5-10 min.