



ME Recipe: Awesomely Autumn Pumpkin Walnut Desert

Ingredients: Cake Layers

- 8 ounces 1/3 Less Fat Cream Cheese, softened
- 8 Eggs
- ½ cup Pumpkin puree
- 1/3 granulated sugar substitute
- 1 tsp cinnamon
- 1/8 tsp ground cloves
- 1/8 tsp ground nutmeg
- ¼ cup flour (coconut, soy or almond)
- ½ tsp baking powder

Ingredients: Frosting

- 16 ounces 1/3 Less Fat Cream Cheese, softened
- 2 cup Pumpkin puree
- ½ cup granulated sugar substitute
- 2 tsp cinnamon
- 2 tsp vanilla extract
- 4 tablespoons heavy whipping cream
- Pecan halves to garnish

Directions:

To make the cakes, combine all ingredients in a blender or food processor and blend on medium until smooth. Let the batter rest for 5 minutes. Pour about 1/5 of the batter into a greased 8 inch microwavable pan-round or square depending on your preference. You should have about ¼ inch depth of batter covering the bottom. Microwave for 3 minutes on high (or you could bake at 350 for 8-10 minutes till firm). Let cool for 2 minutes and remove to a clean surface while you make the other layers.

Meanwhile, beat together your softened cream cheese, pumpkin, sweetener and cinnamon until very smooth. Add the vanilla and heavy whipping cream and beat until fully combined. You can do this in the blender, processor or mixer on high speed.



To assemble, place a cake layer on the dish or pan of your choice. Cover with a thin layer of frosting. Repeat until you have five layers. Frost the sides of the cake and garnish with pecan halves.

Approximate nutrition per serving: 313 calories, 26g of fat, 5 net carbs, 12g protein