

Pumpkin Cheesecake Bars

Although pumpkin is a higher potassium food, because there is only a small amount of pumpkin in each portion, 1 bar can fit into a kidney meal plan.

Ingredients:

- 5 tablespoons butter
- 8 ounces cream cheese
- 1 cup all-purpose white flour
- 1/3 cup packed brown sugar
- 1/3 cup granulated white sugar (or Splenda®)
- 1/2 cup pureed pumpkin
- 2 large eggs
- 1-1/2 teaspoon ground cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon vanilla extract



Preparation:

1. Preheat oven to 350°F
2. Set out butter and cream cheese to soften.
3. In a medium bowl combine flour and brown sugar. Cut in butter to make a crumb mixture.
4. Set aside 1/3 cup mixture for topping. Press remaining mixture into bottom of a 8" x 8" x 1-1/2" baking pan.
5. Bake in oven for 15 minutes. Remove and allow it to cool slightly.
6. Lightly beat eggs. Combine cream cheese, sugar (or Splenda®), pumpkin, eggs, cinnamon, allspice and vanilla in a large mixing bowl. Blend until smooth.
7. Pour mixture over baked crust. Sprinkle with reserved topping.
8. Bake an additional 30-35 minutes.
9. Cool before cutting into bars.

Portions: 16

Serving Size: 1 bar- or 2" square

Nutrients per serving:

Calories: 184

Potassium 62g

Protein 2g

Phosphorus 40mg

Carbohydrates 22g (14g if Splenda®)

Adapted from DaVita.com/recipes