

No-Bake Sweet Potato Cheesecake

1 pkg. (8oz.) 1/3 less fat cream cheese, softened
1 cup canned cooked sweet potatoes
½ cup sugar
½ tsp. cinnamon
8 oz. fat free cool whip whipped topping, thawed, divided
1 ready-to-use light graham cracker crumb crust

Directions: Beat cream cheese, sweet potato, sugar, and cinnamon with mixer until blended. Gently stir in 2 ½ cups cool whip. Spoon into crust. Refrigerate 3 hours or until firm. Serve topped with remaining cool whip.

Serves: 8

Nutrient Analysis, per serving: 340 calories, 37g. carbohydrate, 3g. protein, 20g. fat, 200mg. sodium