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## **SQUASH CHEESECAKE BARS**

**Advanced Lifestyle**

### **Ingredients**

9 low-fat graham crackers (4-1/2 oz.)  
½ cup old-fashioned rolled oats (not quick-cooking or steel-cut)  
2 TBS plus ½ cup granulated Splenda, divided  
1/4 cup plus 3 TBS all-purpose flour, divided  
2 TBS unsalted low-fat or fat-free butter  
3 TBS fat-free milk  
8 oz. Fat-free cream cheese, at room temperature  
8 oz. Low-fat cream cheese (Neufchâtel), at room temperature  
½ cup squash puree  
2 large eggs  
1 TSP vanilla extract  
½ TSP ground cinnamon  
1/4 TSP salt

### **Instructions**

1. Preheat oven to 350°. Coat a 9 x 13 baking pan with cooking spray.
2. Process graham crackers, oats, 2 TBS Splenda, 1/4 cup flour and butter in a food processor until finely ground. Add milk; pulse until completely moistened.
3. Transfer the graham cracker mixture to the prepared pan and evenly pat into the bottom. Bake for 10 minutes. Cool on a wire rack for 20 minutes.
4. Meanwhile, reduce oven temperature to 325°. Beat both cream cheeses and the remaining ½ cup Splenda in a large bowl with an electric mixer at medium speed until creamy, scraping down the sides occasionally. Beat in squash puree until smooth. Beat in eggs one at a time. Finally, beat in vanilla, cinnamon, salt and the remaining 3 TBS flour. Scrape the filling into the pan, spreading evenly over the crust.
5. Bake until set and the edges are light brown, about 35 minutes. Let cool completely on a wire rack, then refrigerate for at least 1 hour before cutting into bars.

**Portion-Per-Serving Information** (Yields 18 servings): 1 serving = 1 bar = ½ M, 1 G, 1/2 FT