

Desserts can be made with light sour cream

For tasty seasonal desserts, try Mini Pumpkin Cheesecakes and Honey Spice Cake with Orange Cream. If you want to cut calories and fat in these desserts, use light sour cream instead of regular sour cream.

MINI PUMPKIN CHEESECAKE

For the cheesecake:
Twelve 2-inch gingersnap cookies
1/2 cup sugar
1 cup cooked pumpkin
1/2 cup sour cream
One 8-ounce package Neufchatel cheese, softened
2 eggs
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 teaspoon vanilla

For topping:
1/2 cup sour cream
1 tablespoon powdered sugar
12 pecan halves (optional, for garnish)

Heat oven to 375 degrees. Line muffin pans with 12 foil liners; place 1 cookie in each liner. In large mixer bowl combine sugar, pumpkin, sour cream and Neufchatel cheese. Beat at medium speed, scraping bowl often, until light and fluffy, about 2 to 3 minutes. Continue beating, adding eggs, cinnamon, nutmeg and vanilla, until creamy, about 1 to 2 minutes. Spoon batter over each cookie; cups will be very full. Bake in a 375-degree oven for 40 to 50 minutes or until set and wooden pick inserted in center comes out clean. Let stand 15 minutes; remove from pans.

Meanwhile, for topping, in small bowl stir together sour cream and 1 tablespoon powdered sugar. Spread topping over each cheesecake. If desired, garnish with pecan halves. Refrigerate at least 1 hour to chill; store refrigerated. Makes 12 servings.

If you want to cut calories and fat in these desserts, use light sour cream instead of regular sour cream.

HONEY SPICE CAKE WITH ORANGE CREAM

For the cake:
1/2 cup firmly packed brown sugar
1/2 cup margarine, softened
1/2 cup sour cream
1/2 cup orange juice
1/2 cup honey
2 egg whites
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon salt

For the topping:
1/2 cup sour cream
1 tablespoon sugar
1 teaspoon grated orange peel

Heat oven to 375 degrees. Line muffin pans with 12 foil liners; place 1 cookie in each liner. In large mixer bowl combine sugar, pumpkin, sour cream and Neufchatel cheese. Beat at medium speed, scraping bowl often, until light and fluffy, about 2 to 3 minutes. Continue beating, adding eggs, cinnamon, nutmeg and vanilla, until creamy, about 1 to 2 minutes. Spoon batter over each cookie; cups will be very full. Bake in a 375-degree oven for 40 to 50 minutes or until set and wooden pick inserted in center comes out clean. Let stand 15 minutes; remove from pans.

1 tablespoon orange juice

Heat oven to 325 degrees. Spray a 9-inch round cake pan with non-stick cooking spray. In a large mixer bowl combine brown sugar, margarine,

sour cream, orange juice, honey and egg whites. Beat at low speed, scraping bowl often, until well mixed, about 1 to 2 minutes. Continue beating, gradually adding flour, soda,

cinnamon, ginger and salt until well mixed, about 1 to 2 minutes. Pour into prepared pan. Bake in a 325-degree oven for 35 to 40 minutes or until wooden pick inserted in center

comes out clean. Meanwhile, in a small bowl stir together all topping ingredients. Serve cake warm or cool, with dollop of orange cream topping. Makes 10 servings.



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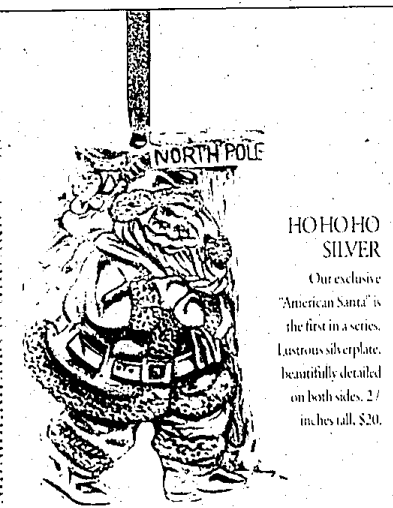
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