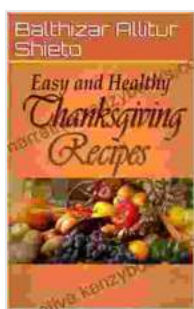


Thanksgiving Feast Without the Guilt: Wow Your Family With Healthy Recipes

Thanksgiving is a time for family, friends, and of course, delicious food. But that doesn't mean your feast has to come with a side of guilt. With our curated collection of healthy Thanksgiving recipes, you can indulge in all your favorite dishes without sacrificing your health or your waistline.



Wow Your Family with Healthy Thanksgiving Recipes

by Balthizar Allitur Shieto

★★★★☆ 4 out of 5

Language : English
File size : 1843 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 24 pages
Lending : Enabled



Healthy Thanksgiving Appetizers

- **Roasted Butternut Squash Soup with Cinnamon and Thyme:** A creamy, autumn-inspired soup that will warm you from the inside out.
- **Brussels Sprouts and Bacon Bites:** A crispy and flavorful alternative to traditional Brussels sprouts, with a touch of smoky bacon.
- **Baked Sweet Potato Wedges with Rosemary and Sea Salt:** A simple but satisfying appetizer that showcases the natural sweetness

of sweet potatoes.

Healthy Thanksgiving Main Dishes

- **Roasted Turkey with Herb Butter and Orange Glaze:** A classic Thanksgiving dish made healthier with a flavorful herb butter and a zesty orange glaze.
- **Roasted Root Vegetable Medley:** A colorful and nutrient-packed side dish that is sure to please everyone at the table.
- **Quinoa and Wild Rice Stuffing:** A flavorful and gluten-free alternative to traditional stuffing.

Healthy Thanksgiving Side Dishes

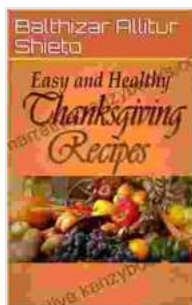
- **Mashed Cauliflower with Goat Cheese and Chives:** A creamy and delicious alternative to mashed potatoes, with a touch of tangy goat cheese.
- **Roasted Brussels Sprouts with Balsamic Glaze:** Brussels sprouts get a makeover with a sweet and tangy balsamic glaze.
- **Sweet Potato Casserole with Pecan Crumble:** A lighter version of a classic Thanksgiving side dish, with a crispy pecan crumble.

Healthy Thanksgiving Desserts

- **Pumpkin Pie with Almond Flour Crust:** A gluten-free take on a Thanksgiving favorite, with a creamy pumpkin filling and a crispy almond flour crust.
- **Apple Crisp with Oatmeal Topping:** A warm and comforting dessert that is made healthier with an oatmeal topping.

- **Spiced Cranberry Sauce:** A tangy and flavorful addition to any Thanksgiving table, made with fresh cranberries and warm spices.

With these healthy Thanksgiving recipes, you can enjoy a delicious and guilt-free feast with your family and friends. So what are you waiting for? Start cooking today!



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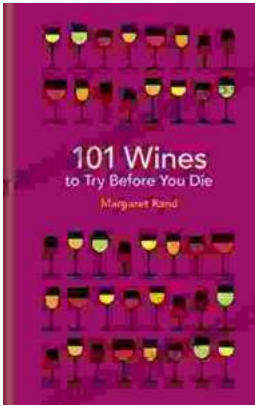
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