

How to Have a Better

# Thanksgiving Dinner



13 Healthy Thanksgiving Recipes

FAVEDIETS 

## **How to Have a Better Thanksgiving Dinner: 13 Healthy Thanksgiving Recipes**

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## Letter from the Editors

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Dear Healthy Cooking Enthusiast:

If there's one holiday that is all about the food, it's definitely Thanksgiving. The holiday conjures up images of everyone gathered around the Thanksgiving dinner table engaging in a massive feast. This is exactly why it can be a problem holiday though for healthy eaters, as the Thanksgiving menu is all about inundating you with as many food options as possible.

However, you don't have to forego all of those great food traditions just because of your healthy eating habits. This eCookbook, *How to Have a Better Thanksgiving Dinner: 13 Healthy Thanksgiving Recipes*, features the very best healthy Thanksgiving ideas from across the blogosphere that will help you stay on track this holiday season. With this eCookbook, we have assembled some of the best easy Thanksgiving recipes around, including healthy Thanksgiving side dishes, healthy Thanksgiving appetizer recipes, and healthy Thanksgiving dessert recipes.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in healthy Thanksgiving recipes!

For additional healthy meal ideas, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free Quick and Healthy Recipes newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy Thanksgiving meal ideas and food recipes!

Sincerely,

*The Editors of FaveDiets*

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## Healthy Thanksgiving Appetizer Recipes

### Super Winner Salad

By: [KaraHadley](#)



#### **Description**

With shredded Brussels sprouts and a cranberry chutney dressing, this Super Winner Salad from KaraHadley just screams Thanksgiving. Green salad recipes and Thanksgiving recipes do not have to be mutually exclusive any longer!

#### **Ingredients**

- 5 1/2 cups Brussels sprouts, chopped
  - 1 teaspoon garlic, minced
  - 1 cup plus 3 tablespoons water
  - 1/2 teaspoon ground ginger
  - 2 dashes cayenne pepper
  - 2 1/2 tablespoons oil
  - 1/2 package tempeh
  - 1 tablespoon spicy mustard
  - 1 tablespoon soy sauce
  - Sunflower seeds (optional)
- CHUTNEY:
- 1/4 cup red onion, diced
  - 1 1/2 cups cranberries, fresh or frozen
  - 1 tablespoon oil
  - 1/2 cup ginger ale, divided
  - 1 tablespoon agave or honey
  - 1 bay leaf
  - 3 teaspoons brown mustard

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**Instructions**

1. Steam the tempeh by microwaving it in a bowl with 3 tablespoons of water. Add the mustard and soy sauce and let marinate a couple of hours or overnight.
2. If you're lucky enough to have a Vita Mix or a food processor, use that to shred the sprouts. If not, a knife will work fine.
3. Toss the shredded sprouts into a pan heated to medium-high and drizzled with oil. Toss to coat and then add the garlic. Continue tossing every minute or so until the sprouts begin to soften and brown in places.
4. Then add half of the remaining water and cover the pan for a few minutes while everything steams. Once the water has cooked off toss the sprouts a couple more times then add all the water and cover again. Once that water has cooked off crumble in the tempeh.
5. Cook, tossing every minute or so, until the tempeh is heated through and the sprouts begin to brown again.
6. Serve in a bowl and garnish with sunflower seeds.
7. To make the chutney dressing, first heat oil in a pan on medium. Add the onions and sauté until soft. Pour in half the ginger ale and simmer until reduced by about half.
8. Add in the cranberries, sweetener and bay leaf. Stir briefly then pour in remaining ginger ale.
9. Bring the mixture to a boil briefly, and then reduce back down to a simmer. Cook until the cranberries are very soft and the liquid has reduced to a thick sauce. Then remove the bay leaf and mix in the mustard (or squirt it in the bottom of your storage container and mix there).
10. Plop a very generous dollop on top of your shredded sprouts.

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## Whole Wheat Rosemary Soda Bread

By: [KaraHadley](#)



### **Description**

Who says that soda bread is just for St. Patrick's Day? This Whole Wheat Rosemary Soda Bread from KaraHadley is the perfect whole wheat soda bread to enjoy year round. Rosemary adds an irresistible flavor to this brown soda bread loaf.

**Cooking Time:** 50 min

### **Ingredients**

- 5 1/2 cups whole wheat flour, plus more for dusting
- 1/2 cup oats, plus more for sprinkling
- 3 1/2 cups almond milk
- 5 teaspoons vinegar
- 2 teaspoons baking soda
- Salt, to taste
- Black pepper, to taste
- Rosemary, to taste

### **Instructions**

1. Preheat the oven to 450 degrees F.
2. Begin soaking oats in almond milk and vinegar mixture.
3. While oats are soaking combine dry ingredients in a large bowl. Make a well in the middle of the bowl.
4. Once the oats have soaked for about 10 minutes, pour the wet ingredients into the well and slowly incorporate the flour.

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5. Once everything is thoroughly mixed pour the dough onto a floured baking sheet. Sprinkle the top with oats.
6. Bake at 450 degrees F for 20 minutes.
7. Then reduce heat to 400 degrees F and bake for 25 to 30 minutes. The bread should sound hollow when you tap it. Once it reaches that point your beautiful bread is ready to done.



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## **Not Your Grandma's Beet Biscuits**

By: [KaraHadley](#)



### **Description**

With beets and thyme, this recipe for Not Your Grandma's Beet Biscuits from KaraHadley are definitely unlike any other biscuit recipe you've ever tried. These homemade biscuits are unbelievably good, and don't call for any milk or butter.

**Cooking Time:** 18 min

### **Ingredients**

- 1 can cooked beet chunks, drained
- 1 cup flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 teaspoon baking soda
- 1/3 teaspoon dried thyme
- 4 tablespoons olive oil
- Black pepper

### **Instructions**

1. Puree the beet chunks. This should make a cup of beet puree.
2. Mix the dry ingredients, minus the spices, together in a measuring cup. Pour the puree, spices and oil into a medium bowl.
3. Slowly add the dry to the wet and gently fold (because you really don't want over worked biscuits). And then marvel for a minute at your very pretty purple dough.
4. Using the spatula (because this dough is too sticky and wet to use your hands) to drop the biscuits onto an ungreased baking sheet. Sprinkle with a little thyme and pepper. Then bake in a 375 degree F oven for 15 to 18 minutes.

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## **Pumpkin Envelope Pies**

By: Marina Lukyantseva-Haworth, [KitchenAwayFromKitchen.com](http://KitchenAwayFromKitchen.com)



### **Description**

On Thanksgiving, eat with your hands! This recipe for Pumpkin Envelope Pies from Marina of KitchenAwayFromKitchen.com is a fun different way to use pumpkin. This easy pumpkin recipe makes for one of the tastiest savory hand pies.

**Cooking Time:** 20 min

### **Ingredients**

- 1 pound pumpkin
- 10 1/2 ounces all-purpose flour
- 3 1/2 ounces butter
- 3 eggs
- 2 garlic cloves
- 1 cup water
- Salt and black pepper

### **Instructions**

1. Beat up the eggs, and then add half of the melted butter, flour and salt. Mix well.
2. Add water and mix to make dough (it should be stiff).
3. Grate pumpkin. Mince garlic. Mix grated pumpkin, minced garlic, salt, pepper and the rest of the butter.
4. Roll out the dough and cut circles of a tea cup plate size.
5. Place approximately 2 tablespoons of pumpkin stuffing in the middle of each dough circle and cover like an envelope. Make sure the ends fixed well. Place on a greased tray and cover with additional beaten up eggs.
6. Bake at 350 degrees F (180 degrees C) for 15 to 20 min. Serve warm and enjoy!

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## Healthy Thanksgiving Side Dishes

### Mashed Potatoes and Greens

By: Jackie @ [Jackie's Kitchen](#)



#### **Description**

For a unique and healthy take on traditional mashed potatoes, make this recipe for Mashed Potatoes and Greens from Jackie @ Jackie's Kitchen. Cabbage and leeks add nutrients and flavor to these mashed red potatoes.

**Serves:** 4

#### **Ingredients**

- 4 large red potatoes, rinsed and quartered
- 2 large leeks, rinsed well and sliced thin
- 4 cloves garlic, minced
- 3 cups slaw mix, or your favorite cabbage
- Kosher salt
- 3/4 cup milk
- Sea salt and black pepper
- Cayenne pepper
- 2 tablespoons extra virgin olive oil
- 1 1/2 tablespoons butter
- 1 tablespoon olive oil

#### **Instructions**

1. Prep the potatoes, leeks, garlic and cabbage
2. In a medium soup pot, add the potatoes plus enough cold water to just cover them. Sprinkle about 1 tablespoon of kosher salt into the water, then bring to a boil. Reduce the heat to medium and simmer until the potatoes are fork tender.

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3. Once the potatoes are cooked, drain them and return them to the pot. Mash them well, and then mix in your favorite warm milk or non-dairy substitute (cow, goat, rice, nut, hemp, etc.) until you have a smooth and creamy mixture. Season well with sea salt, freshly-cracked black pepper, and cayenne pepper if you want a little kick. Stir in your good extra-virgin olive oil and set aside.
4. In a sauté pan, heat butter and olive oil. Add the leeks plus a sprinkling of Kosher salt and gently sauté until the leeks are soft and bright green. Add the garlic and cook briefly. Then add the cabbage mixture and cook just a bit more, until they are fully incorporated into the garlic and leeks and just lightly-tender.
5. Remove the mixture from the heat, and stir into the potatoes. Taste and adjust the seasonings as necessary.

## **Fluffy Butternut Squash Puree with Sticky Maple Pecans**

By: Jackie @ [Jackie's Kitchen](#)



### **Description**

Complete your Thanksgiving dinner with healthy side dishes, like this Fluffy Butternut Squash Puree with Sticky Maple Pecans recipe from Jackie @ Jackie's Kitchen. Butternut squash recipes are a great way to add healthy flavor to your meals.

**Serves:** 4

### **Ingredients**

- 1 large butternut squash
- 2 tablespoons butter
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 2 tablespoons extra-virgin coconut oil (optional, but highly-recommended)
- Pecans

### **Instructions**

1. Cube the butternut squash (or use the equivalent frozen squash) and place it in a saucepan with 1 tablespoon of butter, cinnamon, sea salt, 1 to 2 tablespoons maple syrup, and 1 to 2 tablespoons extra-virgin coconut oil.
2. Cover and cook the squash over very low heat, stirring occasionally. Once the squash is very tender, puree it until smooth and creamy. A food processor is great for this purpose. Then transfer the puree to four small bowls or ramekins, if serving in individual portions, or spread into a baking dish or serving bowl.

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3. To prepare the pecans, heat 1 tablespoon butter and 1 to 2 tablespoons maple syrup in a pan over low heat. When the butter has melted and starts to bubble, add 2 to 4 small handfuls pecans and stir to coat. Let the mixture continue to simmer and get bubbly and keep stirring. Once it has thickened (be careful to not let it burn!), remove from the heat and divide the pecans among the two bowls, topping the puree. Best served immediately.

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## **Chili Spiced Orange Roasted Sweet Potatoes**

By: [KaraHadley](#)



### ***Description***

Traditional Thanksgiving sweet potato recipes usually involve marshmallows and other unwholesome ingredients. This Chili Spiced Orange Roasted Sweet Potatoes recipe from KaraHadley lets you enjoy sweet potatoes during Thanksgiving guilt free.

***Cooking Time:*** 20 min

### ***Ingredients***

- 5 medium sweet potatoes
- 1/2 tablespoon orange zest
- 1/3 cup orange juice
- 1 teaspoon cinnamon
- 1/2 teaspoon chili powder
- 2 1/2 tablespoons olive oil
- 1 teaspoon onion granules

### ***Instructions***

1. Preheat the oven to 400 degrees F. Chop the potatoes into bite-sized chunks. In a large bowl, drizzle the potatoes with oil, cinnamon, onion, and chili powder. Toss with a big spoon.
2. Spread on a baking pan and slide it into the preheated oven. Bake for about 20 minutes, tossing once half way through
3. Once the potatoes are done roasting transfer back into the large bowl, pour the orange stuff over the hot potatoes and toss. These can be served right away, warm, or tepid.

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## Quinoa Stuffed Acorn Squash

By: Jessica @ [Dishin' About Nutrition](#)



### **Description**

The best part about this Quinoa Stuffed Acorn Squash from Jessica @ Dishin' About Nutrition is that it shows you how to make a great vegetarian stuffed squash that is still loaded with protein. Quinoa and kidney beans add flavor and heft to this healthy stuffed squash recipe. Try serving this dish at your Thanksgiving dinner table.

### **Ingredients**

- 1 medium acorn squash, halved and seeded
- 2 tablespoons brown sugar
- 1 tablespoon butter or margarine, melted
- 2 garlic cloves, chopped
- 2 celery stalks, chopped
- 2 carrots, chopped
- 1 can kidney beans, rinsed and drained
- 1/4 cup raisins
- 1 cup quinoa, uncooked
- 1 vegetable bouillon cube
- Ground cumin, to taste
- Salt and pepper, to taste
- Stock, vegetable or chicken
- Cheddar cheese, shredded (optional)

### **Instructions**

1. Preheat oven to 400 degrees F. Arrange squash halves cut side up on a baking sheet. Puncture the interior of the squash with a fork or knife, and then add a small tab of butter and a sprinkle of brown sugar to the cavity. Bake for 1 hour, or until soft. Check with a fork or knife to make sure it is soft before taking it out.

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2. While the squash is baking, cook quinoa according to package directions. Add the bouillon to water and quinoa during first step. Once the quinoa is cooked, season with cumin, salt and pepper. (Note: I also cook mine in broth instead of water for added flavor but that's optional.)
3. Heat broth (or olive oil) in a skillet over medium heat. Stir in the garlic, celery and carrots, and cook about 5 about 10 minutes. Mix in the beans and raisins and continue to cook and stir on low heat until vegetables are tender. Combine veggies and bean mixture with quinoa and keep on low heat until your squash is ready.
4. Stuff each squash halve with quinoa veggie mixture, and sprinkle with one teaspoon cheddar cheese, if using. Cook another five minutes or until the cheese is melted.

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## Mashed Sweet Potatoes and Greens

By: Jackie @ [Jackie's Kitchen](#)



### **Description**

For a healthy version of Irish Colcannon fit for Thanksgiving, try this recipe for Mashed Sweet Potatoes and Greens from Jackie @ Jackie's Kitchen. Leeks and kale add heaps of deliciousness to this yummy sweet potato recipe.

### **Ingredients**

- 1 very large sweet potato, rinsed and cut into 6 to 8 large chunks
- 1 very large leek, halved lengthwise then rinsed and sliced thin into half-moons
- 2 cloves garlic, minced
- 4 stalks' worth of kale leaves, torn from the stems and chopped
- 1 1/2 tablespoons coconut oil
- 1 tablespoon butter
- Sea salt and black pepper
- Sausage

### **Instructions**

1. Fill a large pot fitted with a steamer basket with 2 inches of water and bring the water to a boil. Place 1 very large sweet potato in the steamer basket and steam until a fork easily pierces the potato.
2. Meanwhile, prep the leek, garlic and kale. In a small pan, heat extra-virgin coconut oil (or butter or olive oil) and gently sauté the leeks and garlic, until very soft and fragrant.
3. When the sweet potatoes are soft, remove them from the steamer and transfer them to a large bowl and mash them with butter (or your favorite butter substitute). Season with sea salt and freshly-cracked black pepper. Stir in the leeks and garlic.
4. Add the kale to the steamer basket and steam for 4 to 5 minutes. Remove it and stir it into the sweet potato mixture. Season the mixture to taste with sea salt and freshly-cracked black pepper.

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## Healthy Thanksgiving Dessert Recipes

### Warm Fall Spiced Baked Banana

By: Kait Capone of [Kait's Inside Dish](#)



#### Description

If you're in the mood for a sweet treat that has all of the taste of a classic baked dessert, but without a lot of effort, then you will love this recipe for Warm Fall Spiced Baked Banana from Kait Capone of the blog [Kait's Inside Dish](#). Kait says, "This is a great individual size dessert perfect for serving at a holiday meal with a side of vanilla ice cream!"

**Serves:** 1

**Cooking Time:** 15 min

#### Ingredients

- 1 large ripe banana
- 1 1/2 teaspoons maple syrup
- 1 1/2 teaspoons brown sugar
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon vanilla

#### Instructions

1. Preheat oven to 400 degrees F.
2. In a small mixing bowl add in maple syrup. Add in brown sugar and thoroughly mix together the maple syrup and brown sugar until you have a smooth consistency. Add in the nutmeg, cinnamon, and the vanilla. Using a spoon thoroughly mix together all ingredients until you have

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a smooth consistency and all ingredients are well blended, taste the mixture to make sure that it's sweet and has a spicy taste without being too overwhelming.

3. Using a knife make a slit going from the top of the banana all the way to the bottom (make sure your cut goes through the banana but not all the way through the back peel of the banana). Make a slight cut going lengthwise at the top of the banana by the stem.
4. Gently pulling back the banana peel use your spoon to pour the mixture into the slit of the banana and on the sides of the banana. Place attached peel back over banana and cover with foil.
5. Let bake for 15 minutes or until banana is soft and warm and outside layer is blackened.

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## Big Apple Cake

By: [KaraHadley](#)



### Description

Easy apple cake recipes have a way of brightening your day, and this Big Apple Cake recipe from KaraHadley will bring a smile to your face. This is one of the best apple recipes for dessert as it has no milk or eggs in it.

**Cooking Time:** 1 hr. 25 min

### Ingredients

- 2 1/4 cups brown sugar
- 2 teaspoons baking soda
- 1 1/2 teaspoons cinnamon
- 1 1/4 teaspoons salt
- 1 1/2 bananas
- 1 1/2 teaspoons vanilla extract
- 1/3 cup oil
- 6 apples, peeled, cored and sliced 1/4-inch thick
- 1 1/2 cups walnuts, chopped
- 3 cups all-purpose flour

### Instructions

1. Preheat the oven to 300 degrees F and grease a 13x9x2-inch glass (but metal will work fine) baking dish.
2. In a large bowl (the larger the better, I promise) mix the dry ingredients.
3. In a separate bowl mash the bananas until smooth, then add the vanilla and oil, and mix until smooth. Pour the wet mixture into the dry and mix.

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4. Add the sliced apples and walnuts, and then mix until everything is coated. (You will have a strong urge to sample a coated apple or two. Don't fight it.) Then add the flour, one cup at a time, and mix until everything is combined. This will be difficult, but worth it.
5. Pour the apple-y, gooey goodness into the greased pan. Bake for 1 hour and 25 minutes. Then pull out your delicious golden, puffy cake.

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## Carrot Cake Bites

By: Jessica @ [Dishin' About Nutrition](#)



### Description

This recipe for Carrot Cake Bites, adapted by Jessica @ Dishin' About Nutrition, may be the best healthy carrot cake recipe for those looking to control their portions. It's easy to just get that carrot cake taste without indulging in a huge calorie-laden slice of a moist carrot cake with this idea.

**Baking Time:** 15 min

### Ingredients

- 1 cup whole wheat bread flour, or your choice of flour
- 1/2 cup old-fashioned oats
- 1/2 cup coconut, finely shredded
- 1 teaspoon baking powder
- 1/4 teaspoon sea salt
- 1/2 cup almonds, finely chopped (or other nut)
- 1 cup carrots, finely shredded
- 1/2 cup raisins
- 1/2 cup agave nectar
- 1 teaspoon vanilla extract
- 1/2 cup unsweetened applesauce
- 1/2 teaspoon cinnamon
- 1 tablespoon coconut oil (optional)

### Instructions

1. Preheat oven at 375 degrees F.
2. In large bowl, mix together the flour, baking powder, salt and oats. Then, add the carrots, almonds, raisins, coconut and cinnamon to the mixture.
3. In separate bowl, mix together the agave, vanilla, applesauce and optional coconut oil.

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4. Add the wet mixture to the flour mixture, and stir until combined.
5. Drop onto parchment paper-lined baking sheets, about one tablespoon in size. Bake for 10 to 15 minutes, or until golden.

**Notes**

Recipe adapted from The Purple Carrot



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## Vegan French Silk Pie

By: Jessica @ [Dishin' About Nutrition](#)



### **Description**

Yes, you can actually make a French silk pie that is creamy and sweet but also good for you. This Vegan French Silk Pie recipe from Jessica @ Dishin' About Nutrition is one of the very best Thanksgiving recipes for dessert, as everyone will enjoy this one. Non-bakers will especially love how easy it is to make this no bake dessert recipe.

### **Ingredients**

- 1 pre-made pie crust, or you can make your own if you're so ambitious
- 1 package of silken tofu (you can use firm too if you like your pie to be less mousse-like)
- 1 teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 tablespoons almond milk (you can also use skim/whole/soy, etc.)
- 1 dash salt
- 9 ounces dark chocolate chips
- 2 1/2 tablespoons agave nectar

### **Instructions**

1. Melt the dark chocolate chips on the stove top.
2. Then, add the tofu, cocoa powder, vanilla, almond milk, salt, agave and melted chocolate to food processor and blend until smooth.
3. Pour mixture into the pie crust and refrigerate overnight.

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Included in this eCookbook

- 13 healthy Thanksgiving menu ideas, including:
  - Healthy Thanksgiving Appetizer Recipes
  - Healthy Thanksgiving Side Dishes
  - Healthy Thanksgiving Dessert Recipes
  - Easy Thanksgiving Recipes
  - Healthy Vegetarian Thanksgiving Recipes

And more!