

THE PLAYGROUND

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← GoRecess Featured Recipe: Pumpkin Pie from Lauren Boggi Goldenberg

HEALTHY THANKSGIVING RECIPES FROM GORECESS

Posted on [November 14, 2012](#)



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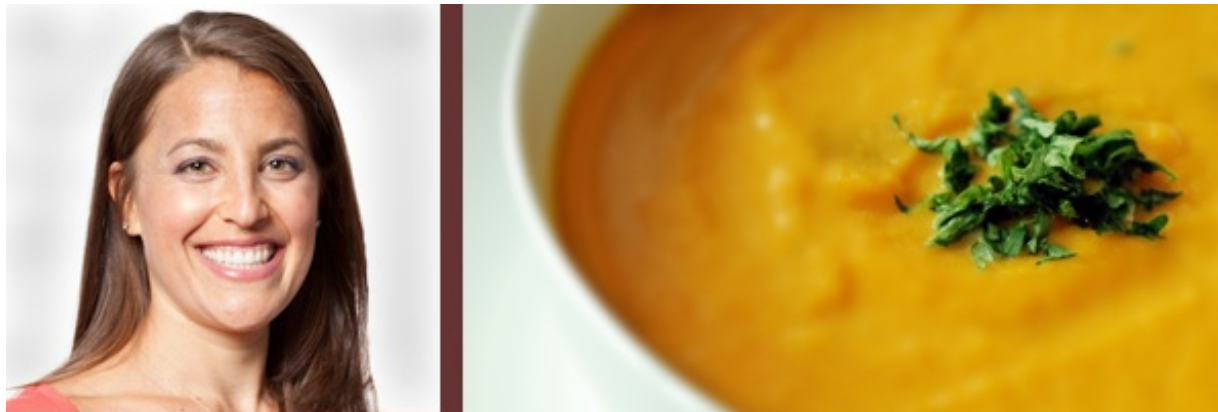


With Thanksgiving approaching, we hope you're looking forward to a day of family, friends, gratitude and of course a delicious meal. So that your workouts don't go to waste, we have called on these **fitness and nutrition experts** to share their favorite versions of classic dishes to make your meal a little **lighter and guilt free**.

Whether you follow a vegetarian, high-protein, clean or low-fat diet, or are just looking for some yummy recipes, we have something for you. Bon appétit!

Wishing you a very happy, safe and healthy Thanksgiving,
- The GoRecess Team

[Roasted Vegetable Soup from Sharon Richter, RD](#)



[Butternut Squash Quinoa "Risotto" from SarahFit.com](#)

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Better Than Mashed “Potatoes” from Ariane Hundt



Sweet Potato Casserole & Healthy Turkey Breast from Manning Sumner



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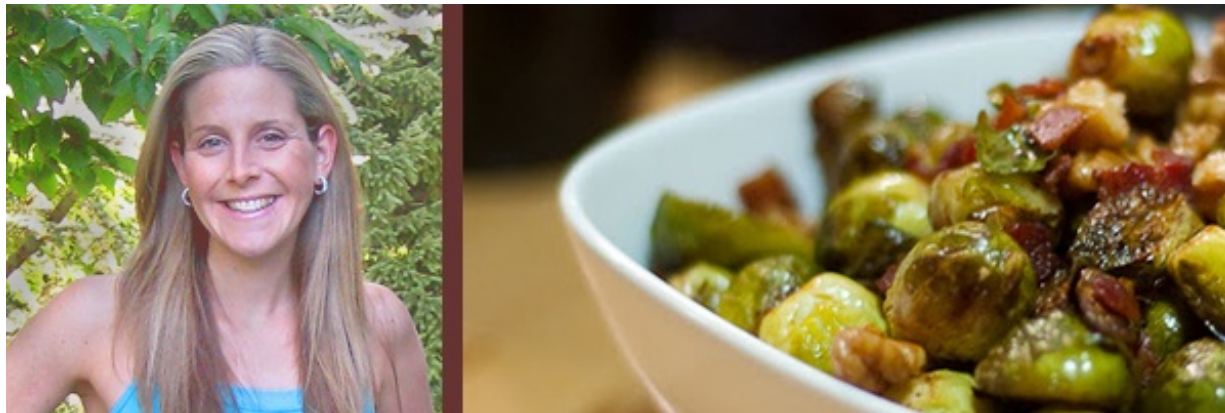
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Roasted Brussel Sprouts with Turkey Bacon from Victoria Stein Feltman, MS, RD



Banana Bliss & Green Ginger Shooter from Alyssa Rasul



from Ariane Hundt

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- Thx for the great healthy recipes! @TheRichterReco @DietSarah @ManningSummer @Circuito fChange @lithemethod @arianehundt bit.ly/SWeKL0 16 hours ago

- Don't be a stuffed turkey, check out these healthy Thanksgiving recipes from the experts! bit.ly/SWeKL0 17 hours ago

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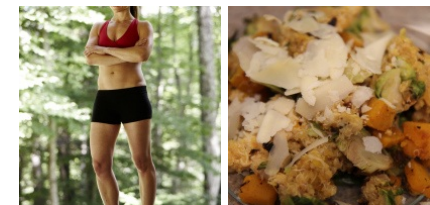
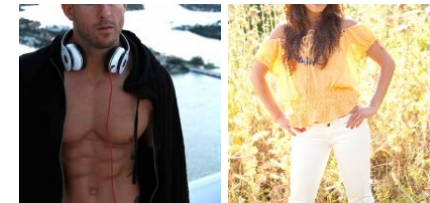
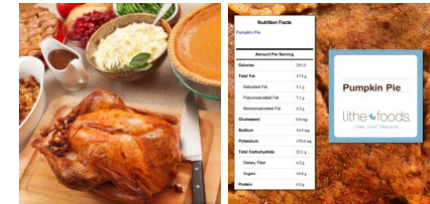


Amount Per Serving	
Calories	251.0
Total Fat	17.5 g
Saturated Fat	5.1 g
Polyunsaturated Fat	7.1 g
Monounsaturated Fat	4.2 g
Cholesterol	0.0 mg
Sodium	14.5 mg
Potassium	170.0 mg
Total Carbohydrate	23.1 g

And while you are planning your meal, there's still time to burn some extra calories so you can indulge a little without feeling like a stuffed turkey...so go ahead and **find a workout!**



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