

### Healthy Thanksgiving Ideas:

- Turkey
- Ham
- Healthier gravy
  - <https://theprettybee.com/easy-gluten-free-gravy/#wprm-recipe-container-18643>



- Green beans
  - Green bean salad recipe: <https://www.epicurious.com/recipes/food/views/smashed-green-bean-salad-with-crispy-shallots>



- Roasted Brussel sprouts
  - Recipe: <https://thefeedfeed.com/feedyourglow/roasted-brussels-sprouts-with-nutritional-yeast-and-lemon-tahini-drizzle>



- Roasted kale
  - Recipe: <https://www.epicurious.com/recipes/food/views/big-batch-roasted-kale>



- Wild Rice and mushroom stuffing
  - Recipe: <https://www.epicurious.com/recipes/food/views/wild-rice-and-mushroom-stuffing-355779>



- Butternut squash soup (use frozen butternut squash for more ease)
  - Recipe: <https://www.gimmesomeoven.com/slow-cooker-butternut-squash-soup-recipe/#tasty-recipes-60202>



- Healthier Sweet Potato Casserole

- Recipe: <https://www.ambitiouskitchen.com/lightened-sweet-potato-casserole-pecan-oat-streusel/>



- Pumpkin Cheesecake

- Recipe: <https://www.foodnetwork.com/recipes/food-network-kitchen/pumpkin-cheesecake-recipe6-2108871>

