

Healthy Sugar Cookie Protein Dip Recipe + Food Tips

Description

Hello there! Are you frantically running around trying to get everything ready for Thanksgiving or are you all set / not celebrating? Whatever the case, I have a couple healthy things to share.

Since I'm in the "frantically running around" department, today's post comes directly from my old healthy foodie blog, [Just Add Cayenne](#), with the help of my good friends *Copy* and *Paste*. Seriously, I'm even keeping my pre-parenthood talk as well as carrying over the same font from the original posts. Hey, these *are* my blogs, so why not?

This is from two posts, [here's the original for the squash dip recipe](#), and the [original for my healthy food tips](#).

Begin Old Post

Yeah, I know, plenty of you probably have to work today, the eve of Thanksgiving, but I'm complaining on behalf of all of us. Couldn't you use the day before to prep food do a little extra exercise to prepare for tomorrow's feast, and just be away from school or work? I'll go ahead and answer for all of us again! YES!



I've seen so many healthy Thanksgiving feast recipes that I want to try but have no time before going to our family gathering. Most of the food is stuff I can't (gluten reasons) or won't (health/picky reasons) eat, and I like to bring things I know I will enjoy.



See? I'm ready for the pumpkin famine! Or maybe I just use it a lot.

Confession – I brought roasted brussels sprouts and mushrooms one year knowing that just one other person and myself would eat them. Sorry, but I don't want premade mixes cooked from a box or food with poor ingredients for Thanksgiving, or ever for that matter!

So I prefer to make my own gluten free, non store bought bread (maybe just a personal [Microwave Chocolate Protein Cake](#)) and side dishes. I think I only end up eating an undressed salad and the turkey at most gatherings. Anyone else run into this issue? I don't mean to complain (even though I am), or tell others what to eat, but I just want to have what I prefer and enjoy.



Not a bad –personal– Thanksgiving treat if you ask me!

If there was no work today, I'd be cooking all sorts of things I've wanted to try. Lately, sweet potato, pumpkin, and banana are all ingredients sticking out to me. And of course peanut butter would be in one or all of the creations. Maybe a spin on a no-cook pumpkin banana peanut butter pie? Hmmm, I'll keep brainstorming and maybe have something to post on for the Christmas feast! But really, a peanut butter pumpkin pie sounds pretty darn good any time. I have been using unflavored gelatin to make some easy and tasty dips lately, and suggest you try. Still need to get the recipe down before I post it, but here's another quick, easy, and healthy dip for you to try in the meantime.

Delicata squash is my number one favorite squash (you can use any kind you'd like), and making it into a puree is simply delightful! Have you seen or tried Celestial Seasoning's Sugar-Cookie Sleigh Ride Tea? It's a good, caffeine free tea to drink, but throw it in with squash puree, vanilla protein powder, and a little stevia and you will be on Cloud 18. That's Cloud 9 squared; because it's that good.



Delicata Sugar Cookie Protein Dip

(Sugar and Gluten Free)

Ingredients

2 medium delicata squashes, microwave steamed or roasted until the skin is soft
2 big scoops stevia sweetened vanilla protein powder; I used Vitol Vanilla Egg White Protein
1 T natural peanut butter
2 Celestial Seasonings® Sugar-Cookie Sleigh Ride Teabags
Liquid or powder stevia to taste
1t pure vanilla extract

Directions

Once you have your cooked squash (I microwave steam mine), remove any really hard parts like the stem and throw everything else in a food processor. Yes, include the skin, it's soft. Add the rest of the ingredients (just cut the teabags and dump the contents) and process until really smooth. I let my processor run for 2 - 3 minutes. Let chill for the flavors to "intensify" and help everything firm up. I love having a giant bowl of this to go to when my sweet tooth hits, which is every night. This recipe is very versatile and you can sub your favorite ingredients as you see fit. I think coconut flour or cocoa powder would make for some extremely delicious versions. Try it, eat it, enjoy!

Hello and welcome to WIAW in December! I saw another blogger mention how the first Home Alone movie is now 22 years old! That hit me like a semi-hard brick. Only semi-hard because I'm already a little aware of the aging process. Anyway, who else is in awe at how time flies? Sooo, I have little time to write today, so I want to share some of my past blog posts on Healthy Food Tips and Ideas. As far as what I ate, it's been nothing different from [past weeks](#), so please forgive me for not posting.

[Healthy Travel Tips](#) - This is good info for those that are traveling for the holidays
[Easy and Healthy Food Swaps](#) - This was around Easter, but applies year round
[How to Survive Vacation as a Health Food Fanatic](#) - A follow up from my other vacation post; this lists things I ate while on vacation



[Veggies Don't Need Ranch Dressing!](#) â€“ The title says it all; just my views on Hidden Valley's â€œhealthyâ€• advertising



[5 Healthy Ways to Add Protein to Salad](#) â€“ This was a summertime post, but again, salads are great all year!



[What's the Next Fad Diet and Why?](#) â€“ In sum, fad diets are pointless, dumb, and, wellâ€¦fads

[Top 5 Healthy and Tasty Dip Substitutions](#) â€“ My favorite savory dips; good for any dip lover!

[Pumped Up Protein Staples](#) â€“ A list of my favorite protein dips and baked items with a link to all of my recipes at the end. Trust me, making these are worth your while!



How well are you managing time for the holidays? Iâ€™m already not a fan of going out to eat, but with social gatherings and whatnot, Iâ€™m not going to escape it. Speaking of, Iâ€™m heading out for dinner at a nice seafood place with co-workers. As a fan of seafood, Iâ€™ll get over my dislike of going out if thereâ€™s fresh crab on my plate!

Hope you all have a great week and get any shopping done soon; itâ€™s only getting crazier!!

End Old Post

Thereâ€™s no post for Thanksgiving, and Iâ€™m not sure when the next one will come around, but hope you find value in the healthy food tip links and get to give the recipe a try. Iâ€™ve made it for Avery and she asks for more before finishing the first bite. Speaking of, sheâ€™s finally getting over her sickness and should be back to her old crazy toddler self just in time for our little family Thanksgiving gathering.

For more healthy recipes, check out the tab on the top appropriately named, *gasp* [Healthy Recipes](#).

Do you plan on trying the recipe?

Were the links to my healthy food tips/thoughts of any help to you?

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