



Should you fast the day after Thanksgiving?

Happy Thanksgiving! While we all aim to enjoy the festivities without going overboard, sometimes overeating is inevitable. So, the question is, should you follow it up with a Friday Fast?

At first glance, it might seem like a good idea to “balance” things out, but let's dive deeper.

The concept of "breaking even" by fasting the day after indulging isn't that simple. Fasting can temporarily slow down your metabolism, which isn't ideal for maintaining your health goals.

Furthermore, fasting can lead to excessive hunger, causing you to overeat again. Using fasting as a punishment isn't healthy, mentally or physically. To foster a healthy lifestyle, focus on positive behaviors, not punitive measures.

Instead, when dealing with a food hangover:

1. Accept that you can't change the past; it's about consistent daily choices.
2. Return to your regular healthy eating routine promptly.
3. Engage in gentle physical activity to aid digestion and recovery.
4. Prioritize a good night's sleep for mental clarity.
5. Hydrate slowly to restore balance.
6. Seek support from trusted friends or family if you're struggling emotionally.
7. Remember, one day doesn't define your overall health journey. Stay mindful and stay on track!

This special Thanksgiving recipe is a healthier twist on the classic dessert. Read on for the secret ingredient...

Golden Apple Pie



Why make the usual apple pie when it can come out looking like this -- as well as delicious and better for you? Diet ID's Director of Culinary Cartography, Catherine Katz, shares her healthier version, which calls for whole wheat flour, a fraction of the usual amount of sugar, and a secret ingredient -- wine!

You will need:

Pie crust:

- 1¾ cup white whole wheat flour
- ⅓ cup confectioner's sugar
- ⅓ cup extra virgin olive oil
- ⅓ cup white wine

Custard:

- ¾ cup organic applesauce (unsweetened)
- 3 Tbsp almond meal
- 1 tsp pure vanilla extract

Topping:

- 4 organic golden delicious apples (with skin), rinsed & sliced
- 1 Tbsp granulated sugar
- Sprinkle of cinnamon

Instructions:

Preheat oven to 400F.

Pie crust:

Place all the crust ingredients in the bowl of a food processor and process until a soft ball forms (30 seconds). Place it on a piece of parchment paper and using a rolling pin, gently roll into a circle about 12 inches in diameter. Transfer onto an 11" tart pan with removable bottom and gently press the dough against the rim all around to make a nice border.

Custard:

Mix applesauce, almond meal and vanilla extract and stir well with a spoon until thoroughly mixed.

Assembling:

Spread the custard evenly over the dough. Spread the sliced apples in one layer so that they look pretty. Sprinkle with the granulated sugar and cinnamon. Bake in preheated oven for 25 minutes or until the apples are juicy and tender and the crust is golden.

Let cool and sprinkle with a dusting of confectioner sugar, if you'd like--not necessary--just so pretty!