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how SWEET of you!

This Thanksgiving, leave the classic pies to your mom and make these fun desserts that are a lot less heavy and way more you!

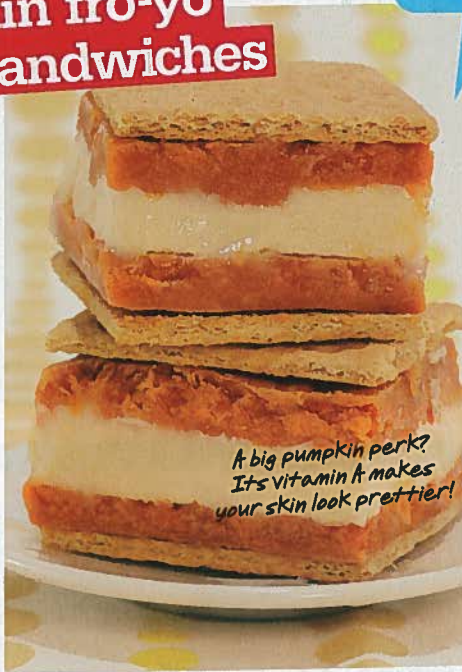
by **leslie barrie**

pumpkin fro-yo sandwiches

Makes 2

-  8 tbsp. pumpkin pie filling
- +
-  2 whole graham crackers
- +
-  ½ cup vanilla frozen yogurt

1. Spread 2 tbsp. pumpkin on half a graham cracker.
2. Layer on ¼ cup frozen yogurt, then top with 2 more tbsp. pumpkin and another ½ graham cracker. Repeat.
3. Freeze a few minutes until firm.



A big pumpkin perk? Its vitamin A makes your skin look prettier!

INSTAGRAM US!
Send @seventeenmag pics of your yummy but healthy #17thanksgivingfood and your treat could appear on seventeen.com.



Not your typical nachos. The fiber in apples helps prevent bloat!

apple nachos

Makes 5 servings

-  2 Granny Smiths and 1 Red Delicious apple, cored and cut into thin horizontal slices
- +
-  20 caramel squares
- +
-  ½ cup dark chocolate chips

1. Arrange apple slices on a large plate. Keep the apples cool in the fridge while you melt the caramels.
2. In a microwave-safe bowl, add a splash of water to your caramels. Microwave on high for 20 seconds at a time until fully melted. (The water helps keep everything smooth—just stir every time you check on it.)
3. Drizzle caramel on the apples, sprinkle with chocolate chips, then serve.

cranberry cupcakes

Makes 12

-  2 cups whole wheat flour
- +
-  1¼ cup sugar
- +
-  1¼ tsp. baking powder
- +
-  2 large eggs
- +
-  ¾ tsp. salt
- +
-  1 tsp. pure vanilla extract
- +
-  ½ tsp. baking soda
- +
-  ¾ cup plain Greek yogurt
- +
-  5 tbsp. unsalted butter
- +
-  ½ cup chopped cranberries

1. Preheat oven to 350°F. In a bowl, whisk flour, baking powder, salt, and baking soda. Set aside.
2. With an electric mixer, beat butter and sugar. Next, beat in eggs one at a time, then add vanilla. Alternate adding the flour mixture and the Greek yogurt, a little at a time, until it's all mixed in. Add chopped cranberries and mix until blended.
3. Divide the batter among 12 muffin cups with paper liners. Bake about 15 to 20 minutes, until a toothpick comes out clean. Let cool, then frost.

whip up this frosting!
Mix 1 cup Greek yogurt, 1 tsp. vanilla extract, ½ cup powdered sugar, and ¼ cup chopped cranberries. Let it thicken in the fridge, then frost!



Using Greek yogurt instead of cooking oil in the cupcake mix gives you lots more protein!