

GLAMOUR On-Line Blog

Afternoon Snack: Your Fave Fruit, With an All-Natural Cool Whip Alternative

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Am I the only one who's a little skeeved out by Cool Whip? Sure, I grew up with the stuff (as we all did--even with a health nut for a mom!), but when I discovered things like "high fructose corn syrup" and "hydrogenated oil" listed on the ingredient label, the love affair was OVER. (Real whipped cream? Oh, I love that too, but you know.) But then I discovered this healthier, all-natural alternative...

Let's face it, whipped toppings don't exactly fit in the health food category. But sometimes it's fun to enjoy a little of the stuff with fruit (I love to recreate a **banana** cream pie sometimes with sliced bananas and a little whipped yumminess), or on top of your **hot chocolate**. (P.S. I discovered a really tasty, all-natural hot cocoa line made with the fab spice cardamom, made by **CocoVino**.)

So, I was pretty thrilled when I came across this new product: **Tru Whip, All-Natural Whipped Topping**. It's free of trans fats, hydrogenated oils, and other icky ingredients--plus, 70 percent **organic** (which scores bonus points with me!) And, you're just getting 2 grams of fat per serving--not bad!

Cool Whip lovers, could you make the switch? (OMG, I'm just remembering this amazing yogurt pie my mom used to make when I was growing up: yogurt mixed with Cool Whip frozen in a graham cracker crust. I'm thinking about giving it a health makeover with this new product. Mmmmm.)

Happy weekend everyone! xo, Sarah

by Sarah Jio

<http://www.glamour.com/health-fitness/blogs/vitamin-g/2008/12/afternoon-snack-your-fave-frui.html>