

TruWhip to help satisfy all your picky eaters this Thanksgiving

Remember when Thanksgiving was so easy? Aside from the long hours spent over the oven and the stove, that is.

You baked a turkey, made some pies, whipped some potatoes, thawed some corn, tossed a salad, and jellied some cranberries. Voila, a Thanksgiving feast.

In some families (lucky dogs), it's still that easy. But when families gather in most homes today there are a smattering of dietary restrictions making setting one table to please all difficult!

There's one new product that might make that a little easier. It's a new whipped topping for your Thanksgiving pies that can satisfy vegetarians, cholesterol watchers, low-fat dieters, all-natural eaters, gluten-free folks, and more. It's called **TruWhip**, and though not usually a fan of anything but the real stuff – organic cream whipped together with a pinch of sugar and a splash of vanilla extract – I tried it on friends this weekend and it was a hit!



TruWhip Bowl Unlike most frozen or canned whipped creams TruWhip is free of trans fats, hydrogenated oil and high fructose corn syrup, but is still low in fat and comes in an easy to grab and serve frozen tub like the stuff you're probably used to. One serving (that's 2 tablespoons) contains 30 calories and 2 grams of fat.

Though not completely organic, it is made of 70% organic ingredients. I applaud their efforts there (although I'm still hoping for a certified organic one to hit the market)

This weekend I cracked open a tub and (because I was serving it to friends I thought I'd spice it up a little) I whipped it with a little orange liqueur, some melted chocolate and a dash of cinnamon, and served it over a pecan pie. According to all at the party, it was a huge hit!

Find it at Whole Foods or other natural and specialty food stores.

Also on Fresh & Fit with Sara Snow at FitnessMagazine.com

