

Keeping It Real In The Kitchen

(NAPSA)—Here's food for thought: more than 80 percent of moms believe 'real' ingredients are an important consideration when making food purchases, according to a national survey by MARC Research.

The survey also revealed the top three deciding factors for moms when purchasing foods are taste, nutrition and inclusion of real ingredients.

"Foods made with real ingredients just taste better," said Gale Gand, nationally recognized restaurateur, cookbook author and pastry chef. "As a pastry chef, I prefer fresh ingredients that are either homemade or taste like it but, like many busy moms, I don't always have the time to make meals and treats from scratch.

"A whipped topping, like Reddi-wip, is my first choice when I can't make whipped cream from scratch because it contains real dairy cream, unlike some other leading brands that contain a mix of hydrogenated oil and water. Also, it's fun for kids and pleasing to parents because it's made from real ingredients and has only 15 calories per serving."

The kitchen can be a great place to whip up some family togetherness, yet some moms are faced with serving picky eaters. In fact, one in four moms have a hard time getting their kids to eat whole grains, such as oatmeal, and more than 10 percent of moms face a similar challenge in getting their children to eat dairy foods and fresh fruits. A dollop of Reddi-wip can help moms by turning a simple bowl of fruit, oatmeal, pancakes, pudding and simple snacks into fun, delicious treats for the family.

One simple dish that kids and grown-ups can enjoy making and eating is this Pineapple Cornucopia recipe, courtesy of Gale Gand.



A delightful way to get kids—and adults—to enjoy snack time together can be with this tasty Pineapple Cornucopia.

Pineapple Cornucopia

Hands On: 5 minutes

Total: 10 minutes

Makes: 5 servings (1 fruit cup with Reddi-wip each)

**5 teaspoons seedless
strawberry jam**

**1 can (20 oz each) pineapple
slices packed in juice,
drained**

**Reddi-wip® Fat Free Dairy
Whipped Topping**

**½ can (11 oz each) mandarin
oranges, drained**

Spread 1 teaspoon strawberry jam in the bottom of five 4-ounce custard cups. Cut each pineapple slice into 5 sections.

Place 5 pineapple sections around the bottom of each cup. Top with a second layer of 5 pineapple sections. Add a serving of Reddi-wip in the center. Tuck 5 mandarin oranges in a pinwheel around edge of Reddi-wip. Serve immediately.

Free Recipes

For more recipes and information, visit www.reddi-wip.com or call (800) 745-4514.