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undressed skeleton

by taralynn mcnitt

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Tradera

Din mamma är unik!

Och förtjänar en unik blomma.



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Healthy 2 Ingredient Dips, Chocolate Chip Cookie Dough & Cocoa Brownie!



There are so many celebrations in May: Cinco De Mayo, May Day, National Teacher Day, Mother's Day, Armed Forces Day, Memorial Day and I'm sure millions will be celebrating a graduation day. If you are working towards that bikini bod for the summer, facing all these spring parties can be torture and it doesn't have to be.

Here are fun, EASY and healthy dips that anyone can enjoy!

You can jazz them up to match the special occasion. Diving into this dip is much better than diving into frosting and sugary cake. The kids running around with sugar highs won't be able to tell the difference and neither will you!



posted 30 April, 2013
by undressedkeleton

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For the cookie dough dip, you will only need Truwhip and Cherrybrook Kitchen chocolate chip cookie mix. If you want to make this one gluten free, you'll need to use a gluten free chocolate chip cookie mix. Whole Foods has a couple options in their baking section.



Add one cup of Truwhip to a mixing bowl. Make sure to leave the Truwhip in the fridge overnight to defrost.



-Mix a 1/3 cup of cookie mix with the Truwhip.



Top the dip with a couple dark chocolate chips for a little decoration! I think flag labels that say "cookie dough whip" would be cute on top! I'll have to remember that for next time.



Nutrition

Makes 16 Servings (Serving size: One Tbsp)

36 Calories, 1 g Fat, 6 g Carbs, 3 g Sugar, .05 g Protein



2 INGREDIENT BROWNIE DIP

For the yummy brownie dip, you will need Simpy Organic's cocoa brownie mix and Truwhip.



Add 1/3 cup of brownie mix to a mixing bowl with one cup of defrosted Truwhip and mix together.



Mix together and add a couple dark chocolate chips to the top. If there are no nut allergies at the party, add a couple walnuts on top too.



These dips are absolutely delicious. They could go with almost anything. I served mine with honey oat graham crackers and apples. For mothers day, I might make these to go with strawberry-banana fruit skewers.



Nutrition

Makes 16 Servings (Serving size: One Tbsp)

38 Calories, 0.8 g Fat, 7 g Carbs, 3.5 g Sugar, .02 g Protein, 1 g Fiber



Before I forget, here is the brand of graham crackers I use. Back to Nature golden honey oat graham crackers are my favorite. Graham crackers and frosting is a huge weakness of mine when I'm back home. This dip is a great frosting replacement. It would pair perfectly with cookies or cupcakes!

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Carrie · 11 days ago

I found truwhip at a chain of grocery stores called "sprouts." I think th
AZ, UT, CO, TX and OK

3 ^ | ▾ Reply Share ›

Andrea Huntoon Konik · 13 days ago

I wish I lived within 500 miles of a store that sells even 1 of these ing

1 ^ | ▾ Reply Share ›

Yeah ok → Andrea Huntoon Konik · 11 days ago

Agreed. Posts like this are pointless to a lot of readers. At lea
or tell us what Tru Whip is made of so we can attempt to find
(or make one ourselves).

2 ^ | ▾ Reply Share ›

Haley Erin → Yeah ok · 9 days ago

cool whip? not as clean but it is the same thing basic:

^ | ▾ Reply Share ›

Marissa → Yeah ok · 9 days ago

<http://www.truwhip.com/nutriti...>

^ | ▾ Reply Share ›

Christine Presto · 10 days ago

Made the brownie version this week - delicious! I cut up a banana ar
idea!

^ | ▾ Reply Share ›

Tori Simpson · 11 days ago

Oh yeah, we totally have Sprouts in Utah! I never shop there...but n
Thanks, Carrie! And thanks, Taralynn, this looks amazing!

^ | ▾ Reply Share ›

Lec · 13 days ago

Just to add to my previous post, the trader joes whip is \$1.99!

^ | ▾ Reply Share ›

Lec · 13 days ago

Just a helpful piece of info for readers... if you live near a trader joe's
the EXACT same nutritional info as truwhip and is prob much cheap
delish!

^ | ▾ Reply Share ›

Cindy Manfra · 13 days ago

What is Tru Whip??

^ | ▾ Reply Share ›

Healthy Living Maintenance · 13 days ago

Love the idea of using dipping fruit into these dips!

^ | ▾ Reply Share ›

Natalie Juns · 13 days ago

That looks so good! I will try this. :)

^ | ▾ Reply Share ›

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