

Make a Change

Rice Dessert

Makes: 6 (½ cup) servings
 Preparation Time: 10 minutes

Ingredients

- 1 cup cooked brown rice, chilled
- 1 cup yogurt, plain or vanilla
- 1 cup applesauce
- ¼ cup raisins
- 1 (8-ounce) can crushed pineapple in juice

Directions

1. Put aside ¼ cup of drained pineapple.
2. Mix all other ingredients together in a medium sized bowl.
3. Serve in small dishes.
4. Top with the rest of the crushed pineapple.

Nutrition Facts	
Serving Size 1/2 cup (155g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 3g	

Eat Smart: Make Half Your Grains Whole!



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