



Make a Change



EFNEP

Expanded Food and Nutrition Education Program

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.

Eat Smart: Make Half Your Grains Whole!

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 **0%**

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 16g

Protein 3g

