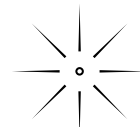


# Try it “Tuesdays”



## Rice Dessert

Makes: 6 (1/2 cup) servings  
Preparation Time: 10 Minutes  
Cooking Time: 0

### Ingredients

- 1 cup cooked brown rice, chilled
- 1 cup yogurt, plain or vanilla
- 1 cup applesauce
- 1/4 cup raisins
- 1 (8 ounce) can crushed pineapple in juice

### Directions

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

For more information, Contact your local EFNEP office

### Nutrition Facts

Serving Size 1/2 cup (155g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 2g	8%
Sugars 16g	
<b>Protein</b> 3g	

