Rice Dessert
Makes 6 (1/2 cup) servings

Ingredients:
1. 8 ounce can crushed pineapple in juice, drained and keep juice
2. 1 cup cooked brown rice, chilled
3. 1 cup low fat yogurt, plain or vanilla
4. 1 cup unsweetened applesauce
5. ¼ cup raisins

Directions:
1. Put aside ¼ cup of drained pineapple.
2. Mix together remaining pineapple and juice, rice, yogurt, applesauce and raisins in a medium sized bowl.
4. Top with the rest of the crushed pineapple.

Source: Eating Smart Being Active Colorado State University and University of California Extension