

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Rice Dessert *(Makes 2 servings.)*

### Ingredients

- 1/3 c. cooked brown rice, chilled
- 1/3 c. yogurt, plain or vanilla
- 1/3 c. applesauce
- 1 Tbsp. raisins
- 1/4 c. crushed pineapple in juice

### Directions:

1. Mix all ingredients together in a small bowl.
2. Serve in 2 small dishes.

OPTION: Reserve a small amount of crushed pineapple to add to the top as a garnish.

Nutrition info: Serving size: 1/2 cup, Calories: 110, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 130 mg, Total Carbohydrate: 25 g, Dietary Fiber: 2 g, Sugars: 16 g, Protein: 3 g.

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