



FAVORITE DESSERT RECIPES

Sugarless Rice Pudding

- 1 bag Success® White or Brown Rice
- 4 cups 2% milk
- 2 packages (.9-ounce, each) sugar-free instant vanilla* pudding mix
- 1 teaspoon vanilla
- dry sugar substitute equal to 2/3 cup sugar

*Can substitute any flavor of sugar-free pudding.

Directions:

Prepare rice according to package directions. Set aside. Stir milk and pudding mix together until smooth. Add vanilla and sugar substitute, and mix. Fold in rice. Refrigerate until served.

For added flavor and extra treats, you may fold in the following:

- 1/4 cup low fat granola (add 1 starch exchange)
- 1/2 cup unsweetened applesauce (add 1 fruit exchange)
- 2 whole chopped pecans (add 1 fat exchange)
- 3/4 cup dried blackberries or blueberries (add 1 fruit exchange)

Yield: 12 servings (1/2 cup each)
 Food exchange per serving: 1 bread
 Sugar per serving: none

Nutritive Value Per Serving:

Calories.....	92	Sodium.....	267mg
Protein.....	4g	Cholesterol.....	7mg
Carbohydrates...	16g	Fiber.....	1g
Fat.....	1g		



Makes 12 servings

Home Run Rice Pudding

- 1 bag Success® White or Brown Rice
- 1 pint container premium vanilla ice cream, melted
- 1 cup apricot or peach pie filling
- 1 teaspoon almond extract
- 1 cup sliced almonds, lightly toasted

Directions:

Prepare rice according to package directions.

Empty hot, cooked rice into a medium bowl; add melted ice cream, pie filling and almond extract.

Stir to combine (do not worry if it looks slightly soupy). Set aside and cool to room temperature.

Spoon into small serving bowls and sprinkle with toasted almonds.

Makes 4 servings

Cappuccino Rice Pudding

- 1 bag Success® White or Brown Rice
- 1 tablespoon boiling water
- 4 teaspoons instant coffee granules
- 1 1/2 cups cold skim milk
- 1 package (1 3/8 ounce) sugar-free instant chocolate pudding mix
- 1/2 teaspoon ground cinnamon
- 1 cup fat-free frozen whipped topping, thawed
- 1/2 cup chocolate animal graham crumbs

Directions:

Prepare rice according to package directions. In boiling water, dissolve coffee granules and set aside.

In a medium mixing bowl, combine milk, pudding mix and cinnamon. Beat on low speed for 2 minutes. Fold in coffee, cooled rice and whipped topping. Spoon into serving dishes.

Garnish with additional whipped topping, animal graham crumbs and mint, if desired.

Makes 6 servings

Makes 6 servings

Fruit Tart

Crust

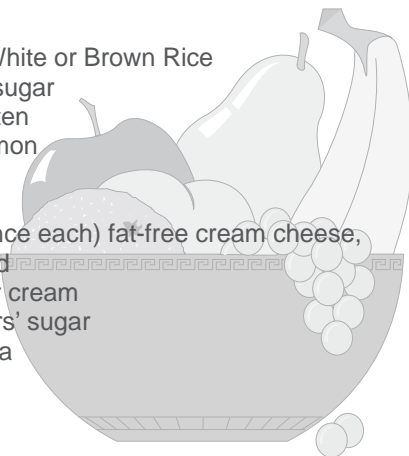
- 1 bag Success® White or Brown Rice
- 1/4 cup granulated sugar
- 2 egg whites, beaten
- 1 teaspoon cinnamon

Filling

- 2 packages (8 ounce each) fat-free cream cheese, softened
- 1/2 cup fat-free sour cream
- 1/2 cup confectioners' sugar
- 2 teaspoons vanilla

Topping

- Assorted fresh fruit
- 1/2 cup apple jelly



Directions:

Prepare rice according to package directions.

Preheat oven to 350° F. Combine rice with all remaining crust ingredients in large bowl; mix well. Press rice mixture onto bottom of 8-inch springform pan. Bake 10 minutes. Cool to room temperature.

Beat together cream cheese and sour cream in medium bowl until well blended. Add confectioners' sugar and vanilla; mix well. Spread cream cheese mixture over rice crust. Refrigerate until cream cheese mixture is set.

Arrange fruit over cream cheese mixture. Heat apple jelly until dissolved. Brush over fruit.

Makes 8 servings



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