

National Network For Child Care (nncc.org)

APPLE PUDDING

- T 1 cup leftover cooked rice
- T 1 cup low-fat vanilla yogurt
- T 1 cup applesauce
- T 1 teaspoon cinnamon

1. Mix rice and applesauce together in a large bowl.
2. Add cinnamon and yogurt.
3. Stir well. Spoon into dishes and serve.

Makes six 1/2-cup servings.