

Recipes from: <http://wholegrainscouncil.org/recipes/snacks-and-desserts>

Brown Sugar (R)Ice Cream



Chef Jennifer Iserloh

I'm always on the hunt to find ways to use leftovers. This is the perfect way to treat your family to a frozen dessert and pump up the servings of whole grains at the same time.

INGREDIENTS

- 1 cup (195g) cooked short grain brown rice
- 1 cup (245g) reduced-fat plain yogurt
- 1 cup (240 ml) non-fat, skim milk
- 1/2 cup (100g) brown sugar
- 2 tablespoons golden flax meal
- 1 teaspoon lemon zest
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon

INSTRUCTIONS

1. Blend all ingredients in a blender or food processor until the rice begins to break apart. Pour into an air-tight, freezable container.
2. Freeze for 3-4 hours or until firm.

*Chef Jennifer Iserloh is founder and president of **Skinny Chef Culinary Services**, where healthy living means happy living.*

Nutrition facts per serving: Calories: 230, Total Fat: 2.5 g, (Saturated Fat: 0.5 g), Sodium: 75 mg, Carbohydrate: 47 g, Fiber: 2 g, Protein: 7 g.

makes: About 4 cups

serving size: About 1 cup