

## Rice Cream Pudding

Cook rice for 30 minutes in water and oil by bringing to a rolling boil, covering tightly, and turning down to a low simmer.

Add milk and raisins and bring to a boil again. Cover and simmer for another 15 minutes. Stir in sugar and salt.

Stir the flour with 1 cup of the rice mixture. Return to pot and simmer 5 minutes more, stirring constantly. If the flour forms lumps, beat with rotary beater for a minute.

Cool slightly. Stir in vanilla and sprinkle nuts over top. Serve warm or cold.

Makes about 4 cups.

*½ cup uncooked brown rice*

*1 cup water*

*1 teaspoon oil*

*2½ cups milk, whole or skim*

*¼ cup brown sugar*

*¼ teaspoon salt*

*3 tablespoons whole wheat flour*

*1 teaspoon vanilla*

*½ cup raisins*

### OPTIONAL

*¼ cup chopped nuts*

## Bread Pudding

Preheat oven to 350°.

Mix lemon juice with the grated apples.

Put one third of the bread in bottom of a greased 8" × 8" baking dish and cover with 1 cup of apples, ¼ cup cottage cheese, half of the raisins, and some of the cinnamon.

Blend the milk, milk powder, egg, and sugar together, or beat with hand beater until smooth. Pour 1 cup of this mixture over the ingredients in the baking dish. Now repeat the layers of bread, apples, and liquid, ending with the bread. Pour the last of the milk mixture over the top, sprinkle with cinnamon, and dot with margarine.

Let the pudding sit for 20 minutes or longer. Bake, covered, for 45 minutes. Let it stand for 10 to 20 minutes at room temperature before serving.

Serves 8.

*2 cups grated apples*

*juice of 1 lemon*

*4 cups whole-grain*

*bread, cubed small*

*½ cup low-fat cottage cheese*

*⅓ cup raisins*

*¼ teaspoon cinnamon*

*2 cups milk*

*¼ cup dried skim milk*

*1 egg*

*¼ cup brown sugar*

*1 tablespoon margarine*