



RICE APPLE CRISP

QUICK INFORMATION

TIME



45 MINS

SERVES



12

CALORIES



350

VEGETARIAN



RECIPE

INGREDIENTS

- 2 cups cooked Lundberg® Brown Short Grain Rice
- 1 can pie apples*
- 1 Tbsp. lemon juice
- ¼ cup Lundberg® Sweet Dreams® Brown Rice Syrup
- 1 cup brown sugar
- ½ tsp cinnamon
- ¼ tsp salt (optional)
- ¾ cup brown rice flour
- 1½ cup uncooked oats
- 6 Tbsp. margarine
- ½ cup chopped almonds or walnuts

*Fresh apples are better! Peel and slice 6 large cooking apples, mix with 1 cup of sugar, ¼ cup of water and microwave on high approximately 10 minutes or until soft.

PREPARATION

Combine the cooked rice, apples, lemon juice, rice syrup and pour into a 9 x 13-inch pan treated with non-stick oil spray or margarine. Mix flour, oats, brown sugar, cinnamon, and salt; cut in margarine until crumbly. Stir in nuts. Sprinkle over rice-apple mixture. Bake at 350° for 30 minutes or until brown and bubbly.

NUTRITIONAL FACTS

Serving Size: 1/12 recipe

AMOUNT PER SERVING

Calories 350 Calories from Fat 80

Total Fat 9g
Saturated Fat 1g
Trans Fat 0g

Cholesterol 0mg

Sodium 130mg

Total Carbohydrate 65g
Dietary Fiber 5g
Sugars 34g

Protein 5g