



Ambrosia Rice



Ingredients

- 1 – 16 ounce can pineapple tidbits, in own juice
- 1 – 15 ounce can Mandarin oranges, in pineapple juice
- 2 cups cook brown rice, chilled (quick cooking is fine)
- ¼ cup chopped pecans
- 2 cups seedless purple or green grapes, washed well and patted dry
- ½ cup raisins
- 1 – 6 ounce container plain or flavored soy yogurt
- Dash of coriander

Directions

1. Open cans and drain liquids
2. Mix fruits in a bowl.
3. Add rice, nuts and coriander
4. Add yogurt and mix gently
5. Chill until ready to serve

Variations

Use 2 cups chopped apples in place of grapes and ½ cup chopped dates in place of raisins.

Instead of commercial yogurt: blend 6 ounces or ½ package of Mori-Nu Silken Firm Tofu with 1 Tablespoon agave nectar and 1 teaspoon vanilla.

Recipe adapted from *Vegetarian Cooking* with Jeanine Burke, R.D.

Per serving: 300 calories, 5 g protein, 63g carbohydrates, 4g fiber, 33g sugars (from fruits, rice, and added sugars in yogurt), 5g fat, 0 cholesterol, 15mg sodium.

Nancy's Cultured Soy Vanilla, 6 ounces, was used for this analysis. Nancy's has much less sugar (10 grams) per 6-ounce serving than most other cultured soy products.