

Brown Sugar Ice Cream

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.

Makes 4 cups

Ingredients

1/2 cup cooked short grain brown rice
1 cup reduced fat plain yogurt
1 cup non-fat, skim milk
1/2 cup brown sugar
2 tablespoons golden flax meal
1 teaspoon lemon zest
1 teaspoon vanilla extract
1 teaspoon cinnamon

Directions

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

Make It A Meal

Serve with Buttermilk Chicken Fingers or Sauteed Spinach.

Wine Pairing

Gewürztraminer