

Rice Surprise

Canadian Mennonite Cookbook - 1974

*1/3 cup rice
1 1/2 cups whipped cream
1 cup crushed pineapple
1/3 cup sugar*

Cook the rice. Cool.

In a bowl, stir together the sugar and whipped cream.

When the rice is cold, fold in the sweetened whipped cream and the pineapple.

Place in serving dishes and serve.

Per Serving (excluding unknown items): 1246 Calories; 67g Fat (47.3% calories from fat); 9g Protein; 159g Carbohydrate; 3g Dietary Fiber; 246mg Cholesterol; 74mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Fruit; 1/2 Non-Fat Milk; 13 1/2 Fat; 4 1/2 Other Carbohydrates.