

## CHERRY RICE PUDDING

Tangy dried cherries flavor this nutritious dessert.

- 3 cups cooked rice
- 3 cups skim milk
- 3/4 cup dried tart cherries
- 1/3 cup granulated sugar
- 1 egg, slightly beaten
- 1/4 cup maple syrup
- 1 teaspoon almond extract

Combine rice, milk, cherries and sugar in a 2- to 3- quart saucepan; mix well. Cook over medium heat, stirring occasionally, 10 to 12 minutes, or until mixture thickens.

Beat egg in a small bowl. Gradually stir one-quarter of the hot pudding mixture into the egg. Return egg mixture to saucepan; cook, stirring constantly 1 to 2 minutes. Remove from heat; stir in maple syrup and almond. Serve pudding warm or chilled.

Makes 6 servings.