

Mother's Day Ideas

Tasty, Nutritious Mother's Day Meals

(NAPSA)—Giving the gift of good health is one of the best ways to show Mom how much she's appreciated on Mother's Day—and a tasty way to keep health on her plate is with the recipe below.

It's made with U.S.-grown rice, which is great tasting and contains essential nutrients—including folic acid—that are important for women of all ages, especially those of childbearing age.

The Role of Folic Acid

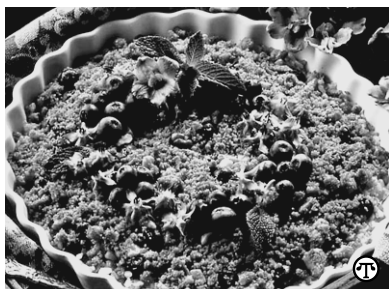
Since 1998, virtually all white rice in the U.S. has been enriched with the B-vitamin folic acid, which helps protect against certain birth defects. Folic acid has also been found to decrease the risk of stroke among women and to help lower blood homocysteine levels, which is believed to be a risk factor for heart attack and stroke.

Extra Iron

Rice also contains iron, which can help ward off anemia. Anemia is an iron deficiency common in women and it can lead to an extreme lack of energy.

Blueberry Rice Crisp Yield: Makes 8 servings

3 cups cooked brown rice
3 cups fresh blueberries
¼ cup + 3 tablespoons firmly packed brown sugar, divided
Vegetable cooking spray



This blueberry rice crisp can be a delicious—and healthful—way to show mom you care.

¼ cup whole wheat flour
¼ cup chopped walnuts
1 teaspoon ground cinnamon
3 tablespoons margarine

Combine rice, blueberries and 3 tablespoons sugar. Coat 8 individual custard cups or 2-quart baking dish with cooking spray. Place rice mixture in cups or baking dish; set aside.

Combine flour, walnuts, remaining ¼ cup sugar and cinnamon in bowl. Cut in margarine with pastry blender until mixture resembles coarse meal. Sprinkle over rice mixture. Bake at 375 degrees 15 to 20 minutes or until thoroughly heated. Serve warm.

More recipes are available at www.usarice.com/consumer.