



No-Bake Chocolate Dream Pie

Shylee Carroll of Cresson, Texas, satisfies her family's sweet tooth with this luscious chocolate pie. If you're pressed for time, bypass the crust, chill the filling in a baking dish, and serve as candy.

- 2 cups sugar
- 1 cup butter
- ½ cup unsweetened cocoa powder
- ½ cup 1% lowfat MILK
- 2 cups quick-cooking oats
- 1 cup coconut
- 1 cup chopped pecans
- 4 teaspoons vanilla
- 1 9-inch baked pie shell

1

In a large saucepan combine the sugar, butter, cocoa powder, and 1% lowfat milk. Bring to boiling over medium-high heat, stirring constantly. Reduce heat; boil gently 1 to 2 minutes more. Remove from heat.

2

Stir in oats, coconut, chopped pecans, and vanilla until well mixed. Pour into pastry shell. Cover and chill in the refrigerator for at least 6 hours. To serve, remove from refrigerator and let stand 20 minutes. If desired, garnish with pecan halves and fresh strawberries. Makes 16 servings.

Nutrition facts per serving: 390 cal., 4 g pro., 44 g carbo., 23 g fat, 31 mg chol., 2 g dietary fiber, and 155 mg sodium. Daily Value: 4% calcium.



Rocky Road Rice Pudding

Follow this rocky road to take your family to new dessert heights! Lou Rapp of Mason, Ohio, won an honorable mention for his twist on the classic combo.

- 2½ cups fat free MILK
- ½ cup instant rice
- 1 4-serving-size package regular vanilla pudding mix
- ½ cup tiny marshmallows
- ½ cup semisweet chocolate pieces
- ¼ cup chopped walnuts

1

In a medium saucepan combine fat free milk and rice. Bring just to boiling over medium heat. Stir in pudding mix; cook, stirring constantly, until mixture comes to a full boil. Remove from heat. Cover and let stand for 5 minutes.

2

Stir in the marshmallows, chocolate pieces, and walnuts. Pour into six 6-ounce custard cups or dessert dishes. Cool at room temperature about 1 hour before serving. (Or, chill in the refrigerator before serving. To serve, remove from refrigerator; let stand about 20 minutes.)

3

If desired, garnish with additional marshmallows, chocolate pieces, and/or walnuts. Makes 6 servings.

Nutrition facts per serving: 231 cal., 6 g pro., 39 g carbo., 7 g fat, 2 mg chol., 0 g dietary fiber, and 147 mg sodium. Daily Value: 11% calcium.