

Apple/Prune Sauce

1/3 cup unprocessed bran
1/3 cup applesauce
1/3 cup mashed stewed prunes

Blend all ingredients and store in refrigerator.

Take 1-2 tablespoons of this mixture before
bedtime, then drink 8 oz. of water.

Note: Make sure you drink the water, or else it
will not work to relieve constipation.

Yield: 16 servings

Serving size: 1 tbsp

Calories per serving: 10 calories

