



High fiber blends for Constipation

High fiber

Servings: Makes fifteen 2 Tbsp. Servings. * **Source:** DI-web.dropbox.com

INGREDIENTS

Raisins 1 cup

Prunes 1 cup

Dates ¼ cup

Prune Juice 8 ounces

DIRECTIONS

Puree in blender.

Freeze purée in ice cube tray. Makes fifteen 2 tblspns servings.

Store cubes in a sealed ziplock bag to avoid freezer burn.