

High fiber Pureed Fruit

High fiber

Servings: Makes fifteen 2 oz servings or 3 cups total. * **Source:** DI-web.dropbox.com

INGREDIENTS

Raisins 1 cup

Prunes 20

1 orange, peeled

1 raw apple, diced with peel

Prune juice 5.5 oz.

Orange juice 5.5 oz.

DIRECTIONS

Puree in blender for 2 minutes or until thoroughly blended.

NOTES

You can freeze individual servings in the ice cube tray in your freezer. Store the individual servings in a Ziploc bag after they are frozen in the freezer.

NUTRITION

Dietary fiber= 2.8 grams