

DRIED FRUIT FIBRE SUPPLEMENT FOR CONSTIPATION

100gm raisins	100gm figs
100gm dried apricots	100gm dates
100gm pitted prunes	250ml prune juice*

Put fruit through a grinder or mincer. Mix minced fruit with prune juice in a food processor. The mixture should be very thick but if too thick add more prune juice or water. Store in a plastic container or jar in the refrigerator.

*Prune juice can be purchased at most supermarkets.

Directions:

- Start on 30ml (ie 2 tablespoons) of dried fruit supplement at breakfast time. It can be mixed with yoghurt or mixed with milk and cereal or taken on its own. It has a very agreeable taste. If you do not normally eat breakfast take the supplement every morning.
- If bowel motions improve adjust supplement to 3 days a week.
- If bowel motions do not improve adjust supplement to 30ml twice a day – morning and evening.

Last reviewed Feb 2015