

ANTI-CONSTIPATION FRUIT PASTE



1 lb. Pitted Prunes

1 lb Raisins

1 lb Figs

3 ½ - 4 oz. Package of Senna Tea (*You can find in Natural/Health Food Stores*)

1 Cup Brown Sugar

1 Cup Lemon Juice

Prepare TEA: Use about 3 ½ CUPS of boiling water to a package of SENNA TEA. Steep for 5 minutes.

Strain TEA to remove TEA LEAVES and add only 2 CUPS of TEA to a large pot. Add the PRUNES, RAISINS, and FIGS and boil both the TEA and FRUIT for 5 minutes. Remove from heat and add both the BROWN SUGAR and LEMON JUICE. Let mixture cool. Using a food processor or blender mix into a smooth paste.

Place the mixture into glass jars or Tupperware containers and place in the freezer. It will not freeze and will keep for a long time. You may also put some in a therm bottle to use when traveling. Keep refrigerated when you arrive at your hotel.

Take 1 to 2 tablespoons daily, as needed.