

## **Bowel Aid Food Recipes**

Outreach Services of Indiana

### **Bowel Recipe (1)**

1 cup unprocessed wheat bran

1 cup applesauce

¼ cup prune juice

Take 4 Tablespoons per day

### **Fruit Butter**

2 cups raisins, 3 ½ cups prunes (canned), ¼ cup honey, 1 tablespoon vanilla, ½ cup apple juice. Soak raisins and prunes overnight in water to cover or steam until hydrated. Drain water from fruit. Place fruit in blender/food processor and blend until smooth. Refrigerate covered. Portion: 2 ounce (approximately ¼ cup), Yield:16 servings. Spread on toast or muffin, mix in cereal or yogurt.

### **Fruit Lax Recipe**

½ cup pitted dates, 1 ¼ cups prune juice, ½ cup figs, ¾ cup raisins, ½ cup canned pitted prunes. Simmer dates and prune nectar until dates are very soft. Put date mixture into a food processor and add figs, raisins and prunes. Blend to a smooth paste. Store in refrigerator.

### **Power pudding**

3 ¼ cups cooked prunes, 2 cups apple juice, 2 cups prune juice, 1 cup bran (or milled flax can be substituted and may be more effective). Puree the ingredients until smooth and refrigerate the mixture. Start with 2-3 ounce serving from 3 to 7 times per week. Adjust the amount and frequency until a normal stool pattern is established.

### **Alternate power pudding**

¼ cup applesauce, ½ cup bran OR milled flaxseed, 3 cups sugar free gelatin still in liquid form (family size gelatin prepared with 1 ½ cup boiling water, stir until dissolved, then add 1 ½ cup cold water), ¼ cup prune juice. Mix all 4 ingredients and chill until almost set. Stir and portion into 7 (1/2) cup servings.

### **Fruit and Bran**

1 cup bran (wheat bran or 100% bran is best), 2/3 cup applesauce, 1/3 cup prune juice or orange juice. Mix together. Eat 3 times per day or as needed to promote bowel movements. Good on toast.

(1) This was studied and reported on 10-23-2006. found to reduce straining in bowel movements more effectively than adding a bulk forming supplement. Constipation was reduced in both groups. This recipe costs about ½ of what a fiber supplement cost.

Source: Natural "Bowel Recipe" More Effective Than Fiber Supplement in Reducing Straining, by Emma Hitt, PhD, Medscape Medical News 2006, <http://www.medscape.com/viewarticle/546417>