

Recipe for Natural Fruit Laxative Spread

1 pound of prunes
1 pound of raisins
1 pound of figs
4 oz senna tea (get it at a health food store...it looks like a bunch of leaves)
1 cup brown sugar
1 cup lemon juice

1. Prepare the tea...use about 2-½ cups boiled water added to the tea and steep for 5 minutes.
2. Strain the tea to remove tealeaves and add only 1 pint of tea to a large pot, then add fruit.
3. Boil fruit and tea for 5 minutes.
4. Remove from heat and add sugar and lemon juice. Allow to cool.
5. Use mixer, blender, or food processor to blend fruit mixture into a smooth paste.
6. Place in plastic container and place in freezer. (Paste will not freeze but will keep forever in the freezer.)
7. Spoon out what you require each day (approximately 1 to 2 tablespoons). Enjoy eating it straight off the spoon, or spread it on toast or add hot water and make a drink. If the fruit paste is not working for you, then you need to increase the amount that you consume. On the other hand, if it is working too well, cut back on the amount that you take - even to the point of taking it every other day, if necessary.