

Smooth pureed high fiber recipes



Fruit Blend **Makes 28 tablespoons**

1/3 cup raisins
6 prunes, pitted
1/2 orange, peeled
1/2 unpeeled apple
2 tablespoons prune juice
2 tablespoons orange juice

Blend all ingredients in blender for 2 minutes. Refrigerate. Serve up to 1 to 2 tablespoons per day. (1 TBSP = 0.6g fiber).

Fruitlax **Makes about 3 cups**

A natural fruit laxative that can be used in place of jam on toast or muffins, or served as a stewed fruit.

1/2 cup prunes, pitted
1/2 cup figs
3/4 cup raisins
1/2 cup dates
3/4 cup prune nectar

Simmer dates and prune nectar until soft. Blend. Add remaining ingredients and blend together. **For young children be sure to puree all ingredients.** For older children it can be left with good size chunks in it. (1TBSP= 44 calories, 1g fiber).

Power Pudding **Makes 4 1/2 cups**

1 1/2 cup cooked prunes
1 cup applesauce
1/2 cup All Bran cereal
1 1/2 cup prune juice

Blend all ingredients to smooth consistency. Refrigerate until used. (2TBSP= 0.8g fiber)

Prune Glop **Makes about 4 1/2 cups**

12 oz. Dried prunes (pitted)
12 oz. Dried apricots
12 oz. Canned pineapple with juice

Simmer prunes and apricots in 1 quart of water. When softened, blend until smooth. Add pineapple with juice and blend again. Add additional juice to thin to desired consistency. Refrigerate. Mixes well with yogurt. (2TBSP= 1g fiber).

Prune Whip

Puree stewed prunes in blender. Mix pureed prunes with enough cool whip to make a fluffy dessert. (2TBSP= 1.2g fiber).

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.