

Fruit Lax

The recipes below make a pleasant-tasting, natural laxative. They can be used on toast, crackers, ice cream, etc. They should be stored in the refrigerator or frozen.

Fruit Lax 1:

- ½ cup of pitted dates
- 1 ¼ cup prune nectar
- ½ cup figs
- ¾ cup raisins
- ½ cup pitted prunes

Simmer dates and prune nectar until dates are very soft. Put date mixture into a blender and add figs, raisins and prunes. Blend to a smooth paste.

Fruit Lax 2:

- 8 fresh prune plums, seeded and chopped
- 1 ⅓ cups prunes
- ½ cup dried sour cherries
- ⅓ cup dried cranberries
- ¼ cup raisins
- ¼ cup flaked coconut
- 1 ½ cup orange juice

Place everything in a saucepan and cook down to soften. If the mixture becomes dry and stick to the bottom of the pan add more orange juice. Cook for 20 minutes on low. Put in food processor and pulse until smooth.

Fruit Lax 3:

- 1 cup prunes
- 1 cup raisins
- 1 cup dates
- ½ cup orange juice
- ⅔ cup prune juice

Mix all ingredients and soak overnight. The next day blend in a blender. 1 cup of wheat bran can also be added.

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