



ROGEL CANCER CENTER
MICHIGAN MEDICINE

All Natural Laxative for Constipation

Recipe: Makes 18 (2 tablespoons per serving)

- ✓ 1 ¼ cups unprocessed bran
- ✓ 1 cup of prune juice
- ✓ 1 tablespoon molasses or honey
- ✓ 1 cup applesauce (homemade or store bought)

Directions:

- ✓ Mix all ingredients together and store in a covered container in the refrigerator for up to 7 days.
- ✓ Stir before using.
- ✓ Take 2 tablespoons every night, or as needed.

Precautions:

If 2 tablespoons caused diarrhea, decrease to 1 tablespoon. If you find that 2 tablespoons is not enough, increase to 3-4 tablespoons. If these combinations are not working, you can also take a laxative. Prune juice is a good natural laxative. For more information on preventing or treating constipation, talk to your nurse or doctor.

Nutritional informational per serving: Calories 28, Protein (g) 1, Carbohydrate (g) 7, Fat (g) 0, Cal. from Fat (%) 0, Saturated Fat (g) 0, Dietary Fiber (g) 2, Cholesterol (mg) 0, Sodium (mg) 1, Diabetic Exchanges: 0.5 fruit.

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