

Smooth Pureed High Fiber Recipes

Fruit Blend Makes 28 tablespoons

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

Spin all ingredients in blender for 2 minutes. Refrigerate. Serve up to 1-2 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 pitted prunes	1/2 cup dates
1/2 cup figs	3/4 cup prune nectar
3/4 cup raisins	

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	1/2 cup All Bran cereal
1 cup applesauce	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. Canned pineapple with juice
12 oz. Dried apricots	

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 teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.