

Recipes to Help with Constipation

The following recipes can be used when you have constipation.

Fruit 'n Bran

3 tablespoons bran cereal (wheat bran or 100% bran is best)

2 tablespoons applesauce

1 tablespoon prune juice

Mix all ingredients together in a bowl. Eat 1 tablespoon three times a day or as needed to help promote bowel movements. Tastes good spread on toast, too.

Yield: Six tablespoons.

Nutrition information for 1 tablespoon: 27 calories, 1 gram protein, and 3 grams fiber.

Raisin Bran Muffins

1½ cups whole wheat flour (or 1 cup whole wheat flour plus ½ cup wheat germ)

1 cup all-purpose flour

1 cup sugar

4½ cups raisin bran cereal

2½ teaspoons baking soda

1 teaspoon salt

2 cups buttermilk

2 large eggs slightly beaten, or 1 cup egg substitute

½ cup cooking oil

Nonstick cooking spray

Preheat oven to 400°F. Mix together both types of flour (or flours and wheat germ), sugar, cereal, baking soda, and salt in a large mixing bowl. Lightly beat buttermilk, eggs or egg substitute, and oil in a separate large mixing bowl. Add dry ingredients to liquid ingredients and stir until just mixed (batter will not be smooth). Pour mixture into muffin pans sprayed with nonstick cooking spray. Bake for 18 to 20 minutes.

Yield: Twenty-four muffins.

Nutrition information per muffin: 160 calories, 3 grams protein, and 11 grams fiber.

Prune Pudding

3 cups whole dried, pitted prunes (soaked in water until soft)

1 cup prune juice

1 cup plus 1 tablespoon applesauce

7 tablespoons bran cereal

Puree prunes and prune juice in a blender. Add applesauce and bran cereal to blender. Blend well and refrigerate before serving. Try ¼ cup servings once or twice a day.

Yield: Twenty-two ¼-cup servings.

Nutrition information per serving: 82 calories, 1 gram protein, and 5 grams fiber.