


Prune Flax Puree

Yield: 10 x 1/3 cup (80 ml) servings

500 ml	Water (or juice of choice)	2 cups
20 to 25	Prunes, pitted bite size	1 cup
<i>OR substitute</i> 180 ml ($\frac{3}{4}$ cup) prune puree		
160 ml	 Flax flour	$\frac{2}{3}$ cup



1. Check the prunes for bits of pit. Remove if present.
2. In a blender, puree all ingredients together until smooth.
3. Refrigerate after blending.

To make this a drink, measure a serving of the puree into a glass and thin it with additional water or juice.

Per serving: 70 calories, 2.5 g fat, 0.2 g saturated fat, 0 mg cholesterol, 0 mg sodium, 14 g carbohydrate, 3 g fiber, 2 protein

You can also place a serving in a bowl and **mix it with cooked oatmeal**, applesauce, yogurt or pudding.

Prebiotic and Probiotic

This recipe provides prebiotic fibre. Add 1 cup of probiotic yogurt or kefir for probiotic benefits.

Using juice instead of water, or mixing the puree with another ingredient, will add flavor but also increase the calories and sugar content.

This prune flax puree adds **fibre, omega-3 fat and anti-oxidants** to your diet.

Sodium free

