

Macatawa Family Medicine, P.C.  
1061 South Washington  
Holland, MI 49423  
Phone: 616-393-8100 Fax: 616-393-8525

## RECIPE FOR CONSTIPATION

Mix in a blender or food processor

2 cups applesauce  
1 ½ cup pitted prunes  
1 ½ cup strawberry jam

then add:  
7 oz AllBran cereal

then add;  
½ cup light corn syrup  
¼ teaspoon cloves  
½ teaspoon cinnamon

Makes about 1 quart  
Take 1 Tablespoon daily or 2 times a day as needed  
Keep in the refrigerator