



by Continence Nurse Janet Thackray

# BOWEL REVIVER

TRY THIS APPLE-BASED RECIPE EACH DAY  
TO KEEP THE CONSTIPATION AT BAY

## Ingredients

- 2 cups of apple - stewed or tinned
- 2 cups of natural / baking bran
- 1 cup of stoned prunes, soaked in boiling water
- the leftover juice from the soaked prunes

## Directions

Mix all together and blend until smooth.

Have 2 tablespoons each day with breakfast.

Increase if required.

Will keep covered in fridge for 3-4 days.

Can be frozen in smaller quantities such as in an ice tray.

*Note: Not suitable for people on reduced potassium diets*