

If your dietary restrictions allow it, this Get Up and Go Cookies recipe may help with constipation:⁸⁴

½ cup margarine or butter

1 cup brown sugar

½ cup prune puree

1 egg

1 cup applesauce – any flavour

2 cups all bran cereal

1½ cups flour

½ teaspoon baking soda

1 teaspoon of cinnamon or other spice to taste.

Optional: ½ to 1 cup raisins, or chocolate chips, sunflower seeds, nuts.

Directions: In a large bowl, cream margarine with sugar. Add egg, then prune puree and apple sauce, mix well. Add dry ingredients. Mix well. Drop by spoonfuls onto 3 cookie sheets – 12 cookies per sheet. Bake in 180° oven for about 15 minutes. Cool on pans for a few minutes and then remove.