

Herbal Legacy Recipes

Norwegian Prune Pudding

Ingredients:

- *1/2 lb. Prunes
- *2 C. hot water
- *1/3 C. honey
- *1/8 Tsp. Salt
- *1/2 Tsp. Cinnamon
- *1/2 C. boiling water
- *1/3 C. cornstarch or arrow root
- *1/4 C. cold water
- *1 Tbl. Lemon Juice

Directions:

Place prunes in a saucepan, cover with hot water and let stand for 1 hour. Place over low heat and simmer until soft. Remove pits, then return prunes to cooking water. Add honey, salt, cinnamon, and boiling water. Simmer 10 minutes.

Mix cornstarch or arrow root with cold water to make a smooth paste. Add to prune mixture and cook for 5 minutes, stirring constantly. Add lemon juice.

Pour into a large serving dish and chill. Can be served with light cream on the side. (We use Vanilla Better Than Milk)

Yields 6 Servings

Note:

This is one of the top requested recipes we have. David and Fawn often mention this recipe on their radio program, [A Healthier You](http://www.healthieryou.com), as a tasty way to deal with constipation. This recipe works especially well for children.

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<http://www.herballegacy.com/Recipes.html>