

Power Pudding Recipes

Note: Increase amount of mixture taken per day if no bowel movement occurs. Side effects such as abdominal cramping, bloating, or gas may occur during the first week of using Powder Pudding, but these symptoms will likely diminish with continued use.

Power Pudding*

½ cup prune juice
½ cup applesauce
½ cup wheat bran flakes
½ cup whipped topping
½ cup prunes (canned, stewed prunes)

Blend all ingredients, cover, and refrigerate up to one week. Take ¼ cup daily with breakfast.

Power Pudding **

1 cup prune juice
1 cup bran cereal
1 cup applesauce

Blend all ingredients, cover, and refrigerate up to one week. Take two tablespoons (one ounce) daily.

Power Pudding ***

2 cups bran cereal
2 cups applesauce
1 cup 100% prune juice

Blend all ingredients, cover and refrigerate up to one week. Take 30 to 60 milliliters (2 to 4 tablespoons) per day.

*Neal (1995).

** Gibson, Opalka, Moore, Brady & mion (1995).

***Brown, & Everett (1990).