

Fruit Paste

As recommended by clinicians at The Center for Discovery

Categories

Tools

Yield 3.25 lbs
Portion 2 tablespoons
Num Portions 52

Ingredients

1	lb	pitted, dried prunes
1	lb	raisins
1	lb	dried figs
2	ea	OG3*, smooth, senna cham tea
1	cup	lemon juice

Prepare tea using about 2 1/2 cups boiled water. In a medium size pot bring water to a boil. Remove from heat and steep 2 tea bags for 5 minutes. Remove tea bags from the water and add the fruit. Simmer (light boil) fruit and tea for 5 minutes.

Remove from heat and add the lemon juice. Allow to cool.

Use mixer or food processor to blend fruit mixture into smooth paste.

Place in an appropriate container and place in freezer.

Remove what you need each day, paste doesn't freeze solid.

Dose: 1-2 tablespoons per day

Spread it on toast, eat off a spoon or add hot water and make a drink.

*The OG3 smooth, senna cham tea in the recipe is otherwise know as Traditional Medicinals Smooth Move Senna Tea with Chamomile (see pic below).

