

Norwegian Prune Pudding

1/2 pound prunes
2 cups hot water
1/3 cup honey
1/8 teaspoon salt
1/2 teaspoon cinnamon
1/2 cup boiling water
1/3 cup cornstarch or arrow root
1/4 cup cold water
1 Tablespoon lemon juice

Place the prunes in a saucepan, cover with hot water and let stand for 1 hour. Place over low heat and simmer until soft. Remove the pits, then return the prunes to the cooking water. Add honey, salt, cinnamon, and boiling water. Simmer ten minutes. Mix cornstarch or Arrow root with cold water to make a smooth paste. Add to prune mixture and cook for five minutes, stirring constantly. Add lemon juice. Pour into a large serving dish and chill. May be served with soy cream or soy milk.

6 servings

Recipe from Dr. Christopher's Guide to Colon Health