

Norwegian Prune Pudding

½ pound prunes
2 Cups hot water
⅓ Cup honey
⅛ teaspoon salt
½ teaspoon cinnamon
½ Cup boiling water
⅓ Cup organic cornstarch or arrowroot
¼ Cup cold water
1 Tablespoon lemon juice



Place the prunes in a saucepan, cover with 2 cups hot water and let stand for one 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 10 minutes. Mix cornstarch or arrowroot 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. May serve with whipped coconut cream. Yield: 6 servings

Recipe from Guide to Colon Health