

# Blum's Fiber Deluxe Special

Fiber is a very non-digestible food substance, which by absorbing water helps our bowel functioning by keeping our stools soft and improves movement through our colon. There have been some studies suggesting that using only one form of fiber might leach specific vitamins or minerals. To minimize that possibility and utilize the various benefits of different fibers, I have come up with this taste tempting delightful and delicious recipe:

1. One jar of unsweetened applesauce
2. Two handfuls of your favorite dried fruit(s) [prunes could be a good choice]
3. Two tablespoons of bran [rice bran, etc. or a mixture]
4. Two tablespoons of flax seeds
5. One tablespoon of psyllium [seeds and/or husks] powder
6. Add aloe vera juice to create desired consistency [check for good tasting juice]

Mix ingredients in a blender or food processor (if possible), adding more aloe vera juice if you want the mixture more like a thick juice or less if you want it more like "apple sauce". Store in a sealed container and refrigerate.

**Adults:** two tablespoons with each meal, increase or decrease by one tablespoon depending on desired result.

**Children:** one tablespoon with each meal, increase or decrease by one half tablespoon depending on desired result.

As bowel function begins to normalize, decrease the amount or frequency of taking the mixture. Try to find the minimum amount necessary for satisfying results.

BON APPETIT!

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