

# Prune Whip for Joyous Pooping

JOYOUS HEALTH

## Ingredients:

- 1 cup organic pitted prunes
- 1-2 cups filtered water

## Instructions:

1. Place prunes in a medium size bowl and cover with water, just enough that all the prunes are submerged.
2. Let sit and soak for 4 hours. Do not discard the water.
3. After soaking, toss prunes and water in a blender or food processor and whip em! Whip em' good!
4. Once you have the desired consistency you like, (pudding or whip), enjoy immediately or refrigerate for up to 5 days.
5. Garnish with coconut flakes just before serving.

## Notes:

Makes 2-4 servings