

 High-Fiber Power Pudding Recipe

¼ Cup All Bran Cereal

¾ Cup Unsweetened Applesauce

½ Cup Prunes

4 oz. Prune Juice

Using a food processor, combine all ingredients and pulse on low until mixture looks like a thick pudding.

Transfer to an airtight container and store in the refrigerator up to 1 week.

**Yields**: Approximately 2 Cups

**Serving Size**: ¼ Cup

**Each serving contains**: 52 calories, 8 grams protein, 35 mg sodium and 4.5 grams dietary fiber.