



Symptoms Other Than Pain

Yakima Valley Paste

Yakima Valley Anti-Constipation Fruit Paste

Dionetta Hudzinski, Hospice of Yakima

2 ½ cups boiling water

3-4 oz senna tea leaves

1 lb pitted prunes

1 lb raisins

1 lb pitted figs

1 cup brown sugar

1 cup lemon juice

Prepare tea: Add tea leaves to the boiling water and let steep for 5 minutes. Strain and remove tea leaves.

Add fruit: Place 2 cups of tea in a large pot. Add all the fruit to the tea. Boil fruit and tea for 5-10 minutes. Remove from heat.

Add sugar and lemon juice and allow to cool.

Use a hand mixer or food processor to turn fruit and tea mixture into a paste.

Place in freezer containers and store in freezer. Paste will not freeze.

Serving Ideas: spread on toast, eat straight from the spoon, mix with hot water, use as fruit topping on cereal.

Adapted from *WSCPI News*, Spring, 1993, p. 10.
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