

Prune Juice Preparations To Relieve Constipation In Toddlers



Prune and Mango Smoothie

A delectable smoothie made of prunes, mangoes, oranges, milk, and yogurt to provide the much-needed fiber to relieve constipation.



Prune and Coconut Milk Smoothie



Blend coconut milk, berries, kale, prunes, and flax seeds to prepare a purple smoothie that not only tastes good but also treats constipation.

Prune Puree

Soften prunes by soaking them in hot water for one to two hours. Then, blend into a smooth paste and let your baby enjoy the natural flavor.



Pineapple and Prune Juice



Blend prunes with pineapples, strawberries, and orange juice to prepare a thick smoothie that eases constipation.

Prune Oats

Cook unprocessed oats with apple and prune juice. Feed your toddler this fiber-rich oat in small quantities until their constipation clears.

