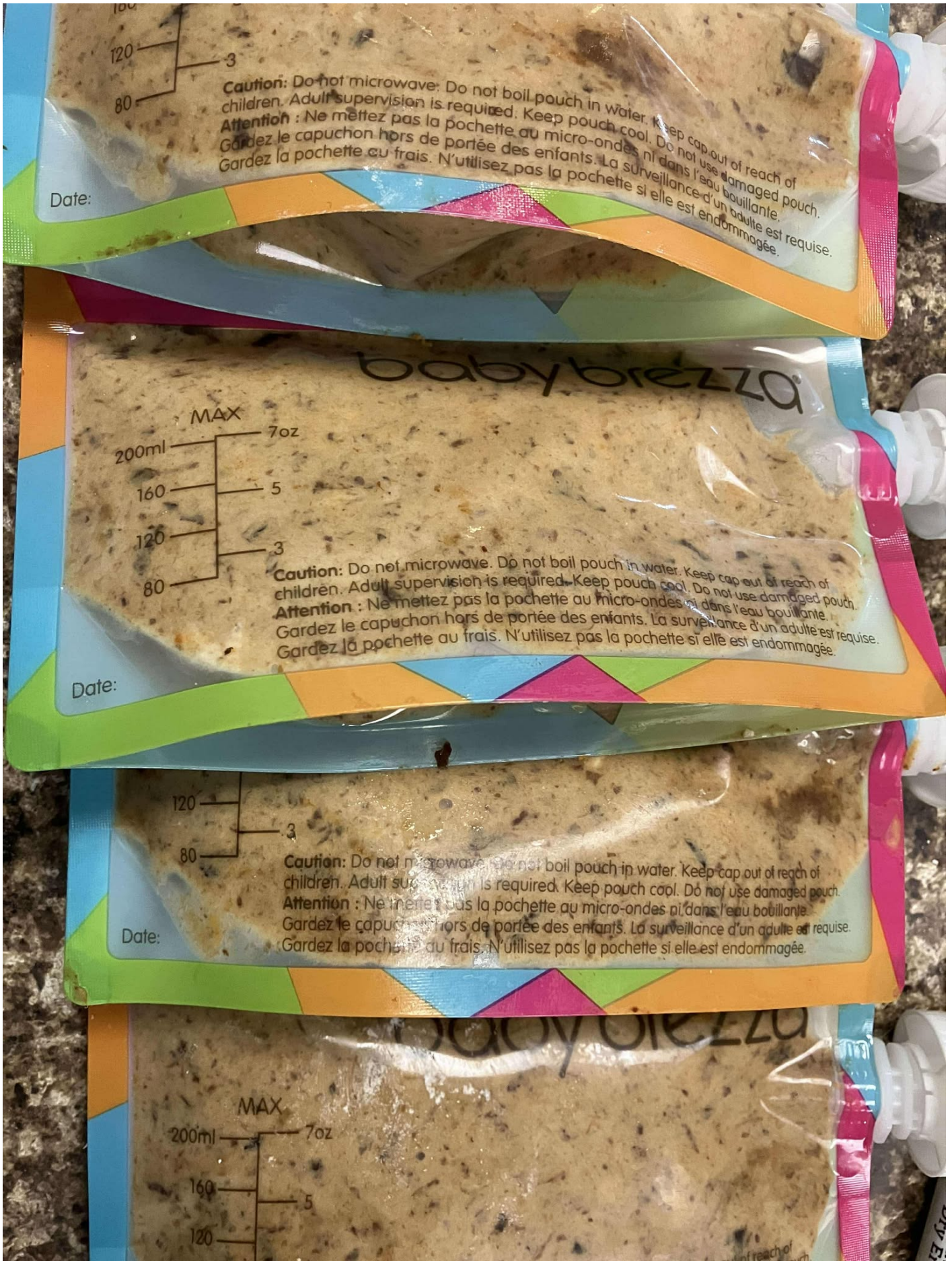


The Poop Inducer



Ingredients

- 1 cup (8oz) prunes
- 1 cup butternut pumpkin cubes
- 1 cup Greek yoghurt
- 1 tsp vanilla
- 1/4 cup apple juice

Method

1. Steam pumpkin cubes.
 2. Put all ingredients in bowl and blend.
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Revision #3

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