

Blackcurrent and Apple

Effective laxative for constipation sufferers.

Benefits:

Relieve children's fevers

Ingredients:

2 apples, cored and chopped

2 ounces blackcurrants

2 cups water

2 teaspoons lemon juice

honey to taste

Instructions:

Place the apple and blackcurrants in a pan with the water and bring to the boil. Simmer for 10 minutes then strain. Stir in lemon juice and honey and serve hot.

Servings:

2