

Happy Colon (Vegan, Nut-Free, Soy-Free, Wheat-Free)

This recipe is from Jackie of The Vegan Diet.

2 tbsps ground flax seeds
2 tbsps bran (molasses or any bran you have on hand)
2 tbsps rolled oats
chopped dried figs, prunes and/or raisins

Soak overnight in cup of filtered water and serve with soy yogurt and maple syrup (optional).