**Home Remedy for Constipation**

1 cup applesauce  
1 cup oat bran or wheat bran  
1 cup prune juice

Mix together the applesauce, oat or wheat bran, and prune juice until well combined. Begin by taking 1 to 2 tablespoons of the mixture each evening, followed by a glass of water. If after two weeks of daily use no change in regularity occurs, increase to 3 to 4 tablespoons daily.

Store in your refrigerator or freezer. You can freeze the mixture in ice cube trays in 2 tablespoon portions for easy defrosting.

https://www.allrecipes.com/article/home-constipation-remedy/?utm\_medium=browser&utm\_source=allrecipes.com&utm\_content=20210222&utm\_campaign=826866