Left Sided Constipation

POO CAKE RECIPE

This recipe has been handed down to me through generations of doctors.

I have never tried it myself and so accept no responsibility for its effects.

I am told however that a slice a day helps you work, rest and deflate.

Cure by cake – If only all medicine could be this simple.

NB = Watch out for the sugar load.

**Recipe**

1) Mix 1 mug All Bran and 1 mug milk - leave until soggy

2) Add 1 mug self raising flour, 1 mug dried fruit - raisins, sultanas, apricots, nuts

 Optional extra – Consider adding seeds if you like

3) Add 1/2 mug of sugar

4) Bake 1 lb loaf tin, greased - one hour at 180 degrees

**Then ……..**

5) Eat 1-2 slices per day

 Warm is best with butter added

6) Let the magic begin

 Remember – No straining