



Health Benefits of Prunes

Prunes are dried plums and are packed with health benefits, not only are they good for your health but they are so versatile in cooking too. Prunes are deep rich brown/purple in colour and taste so fantastic.

Prunes help lower cholesterol through binding bile acids and carrying them out of the body through the feces. Prunes are well talked about when it comes to "preventing constipation" and with good reason.

Also prunes give you a sense of 'fullness' after eating a meal which can prevent over eating in obese people. Prunes can be used as a natural sweetener they are very sweet in taste and are a great alternative to sugar.

- Prunes helps to slow aging process of the brain and body.
- It Helps in cases of anemia.
- Prunes are excellent for increasing one's vitality.
- It helps in normal blood circulation.
- It is a good remedy for sore throat.
- It can help prevent cancer because of its high betacarotene content. So don't miss out on this lovely healthy dried fruit! Very Yummy!!

