

Delicious Prune-Based



Snacks For



Pregnant Women



Prune Smoothie

A quick blend made with pitted prunes, ripe banana, brown sugar, and milk (or frozen yogurt).

Oat Prune Porridge

A breakfast bowl made using overnight soaked oats and chia seeds, cooked prunes, and yogurt, topped with nuts, chopped fruits, and honey (or maple syrup).



Prune Pilaf

A Mediterranean dish made by combining spiced rice, chopped nuts, vegetable broth, and salted prunes.

Prune Balls

A simple no-cook dish made by combining salted peanut or almond butter, prunes, maple syrup, oats, and chia seeds, rolled into bite-sized balls.



Apple-Prune Bake

Scoured apples stuffed with a honey-sweetened mixture of prunes, butter, and grated ginger, baked to perfection and served with ice cream or frozen yogurt.

Prune Chicken

A baked chicken dish marinated in a spiced prune and olive puree, topped with lemon wedges and caramelized prunes.

