



# Pura Vida Foodology Planet-wide

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Ensenada | Mexico | Costa Rica | Hawaii | Bali | Indonesia | Philippines | Thailand | Africa | New Zealand

## SUSTAINABLE HEALING FOODS: EUROPEAN STYLE BUTTER

**Butter is magic. Rich, creamy, fatty and satiating. We focus on plant-based butters\* that are made with sustainable ingredients that heal our bodies as well as tasting really really good and spreading easily. Of course, I want to take it one step further and have a Butter that's so healthy I can toss abandon to the wind and eat without restricting myself.**



This Butter is rich in fiber, carbohydrates, electrolytes, vitamins, minerals and essential amino acids. We use ingredients that are full of superfoods, medium-chain triglycerides and antioxidants to craft a decadent butter that is also antimicrobial, anti-fungal, antibacterial, anti-inflammatory and anti-parasitic.

This Butter also protects your neurons from chemical damage, restores oxidative tissue damage and restores thyroid function while also helping you loose weight by encouraging fat burning, inhibiting fat storage and enhancing athletic performance. Boost your immunologic library and remove toxins from

your cells with an extra helping of butter please. Reduce signs of aging, strengthen bones and increase flexibility with our Sustainable Healing Plant-Based European Style Butter. Yes, Butter can do all that and more.

Let's prepare some food...

### INGREDIENTS

- 1 cup Refined Extra Virgin Coconut Oil – melted
- 1/4 cup Avocado MCT Oil
- 1/4 cup Cold-Pressed Extra-Virgin Olive Oil
- 1/4 cup Soy Kefir\*
- 1 tsp Organic Apple Cider Vinegar
- 1/4 tsp MSG
- 1/16 tsp White Miso Paste
- 1/2 tsp Himalayan Pink Salt



### UTENSILS

- 1/4 Cup
- 1/2 Cup
- Cup
- 1/4 Teaspoon
- Teaspoon
- Large Mixing Bowl
- Whisk
- Rubber Spatula
- Refrigerator-Safe Container

### PREPARATION (European Style Butter)

- 0) Have Soy Kefir\* prepared before you begin
- 1) Add ALL ingredients to Large Mixing Bowl
- 2) Whisk everything together
- 3) Refrigerate for 15 minutes
- 4) Remove from refrigerator
- 5) Whisk for 2 minutes (will become pale and fluffy)
- 6) Pour into Refrigerator-Safe Container
- 7) Use Rubber Spatula to get out every bit
- 8) Cover with lid & Refrigerate till set (4 to 8 hours)
- 9) Use as butter on toast, for grilling sandwiches, in baking, to make a roux, or over pasta with plant-based parmesan, fresh minced garlic and chiffonaded basil leaves
- 10) Eat and enjoy because every bite nourishes your body



*May your life be full of great joy with the health and abundance to enjoy it.*

*Dr. Ava Perez*