



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD
Ensenada | Mexico | Costa Rica | Hawaii | Bali | Indonesia | Philippines | Thailand | Africa | New Zealand

SUSTAINABLE HEALING FOODS: HONEY PLANT-BUTTER

There was a time in my life when I was eating cornbread with regular plant-butter like a schmuck. Those days ended with my first bite of cornbread topped with Honey Plant-Butter and I was hooked. This is our favorite European Plant-Butter mixed with raw honey and it has become a staple with our Gluten-Free Cornbread and our Healing Black Bean Chili full of antioxidants, trace minerals, Vitamin A, ALL your B Vitamins, Vitamin E, Vitamin K, and Essential Amino Acids. This Honey Plant-Butter satiates while boosting your energy, helping you loose weight, lower your cholesterol, removing arterial plaque and reducing bloating and gas.



Reduce acute and overall pain, accelerate wound healing and boost oxygen in your blood, organs and tissues with butter that is antibacterial, anti-fungal, anti-microbial, anti-inflammatory and anti-aging. While you enjoy this Honey Plant-Butter you are boosting your immunological library, reducing your cholesterol, regulating your blood pressure, improving your digestion, improving insulin sensitivity and regulating insulin production.

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.

You'll also be increasing vision, increasing your blood circulation and your blood oxygen levels, helping prevent against stroke, heart disease, ALL chronic diseases and ALL cancers while reducing your risk of developing Alzheimers, dementia and Parkinson's. Strengthen your bones, prevent joint pain, arthritis and osteoporosis while strengthening your nails and hair while enjoying this sweet and creamy plant-butter.

Boost your neural health, boost your cognitive function, boost your memory retention, boost your concentration, improve your mental clarity and increase your focus. Our Honey Plant-Butter makes you smarter, stronger, quicker, thinner and healthier. Yes, Honey Plant-Butter can do all that and more which are only some of the reasons why all of these ingredients are staples in my kitchen.



INGREDIENTS

1/2 cup European Plant-Butter*
2 tbsp Organic Raw Honey

UTENSILS

Storage Container with Lid
Butter Knife for mixing
Tablespoon
1/2 Cup

Let's prepare some food...



PREPARATION (Honey Butter)

- 0) Add ALL ingredients to Storage Container
- 1) Mix thoroughly with Butter Knife till well integrated
- 2) Use liberally on Cornbread, Pura Vida Healing Breads, Oatmeal and anywhere you want a rich sweet creamy addition
- 3) 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