



Pura Vida Foodology Planet-wide

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

SUSTAINABLE HEALING FOODS: APPLE SAUCE

Apple sauce and fruit purees are yummy, healthy, fast sweet treats full of whole fruit goodness, vitamins, minerals and amino acids. I love having a few fruit purees in containers for a quick snack. They are also one of my favorite binders to use in sweet breads, cakes and pastries. Full of antioxidants, trace minerals, B Vitamins, Vitamins A, C and D. When we give our bodies **The Right Tools**, our bodies are able to repair anything and this Applesauce helps pull toxins from your body and stimulates your lymphatic system so your body is able to flush those toxins and introduces all of the nutrients your body needs to thrive not just barely survive.



This Apple Sauce strengthens your bones, hair, teeth, eyes, heart, lungs, liver, kidneys and brain plus it increases bioavailability. Improves your cognitive function, your memory, your visual memory recall, your learning capability, your brain capacity, your processing capability and your cognitive function. While you indulge in our Apple Sauce you'll also increase blood flow to your brain, circulation and blood oxygen levels, feel your mood elevate, accelerates your healing down to a cellular level, regulate your blood pressure, your

blood sugar and insulin all while boosting your beneficial gut bacteria, boosting your immunological library, lowering your LDL cholesterol and aiding cellular reproduction. This Apple Sauce is also anti-inflammatory, anti-bacterial, anti-fungal and antimicrobial that reduces your risk of cardiovascular dis-ease, stroke, heart dis-ease, heart attack, all cancers and ALL

degenerative dis-eases while removing carcinogens from your body and boosting your hydration and oxygen levels. Our Tandoor Soy Yogurt Dipping Sauce makes you smarter, stronger, quicker, thinner and healthier. Yes, Yogurt can do all that and more which are only some of the reasons why all of these ingredients are staples in my kitchen.

Let's prepare some food...

INGREDIENTS

- 1 large Apple skinned and cubed
- 1/2 cup Organic fresh Pineapple Juice
- 1 cup Whole Food Living Water
- 1 tbsp Vanilla extract
- 2 tsp Cinnamon powder
- 1 tsp Clove powder
- 1 tsp Nutmeg powder
- 1 tsp All-Spice powder
- 1 tsp Ginger powder
- 1/2 cup Wholesome Sucaat



UTENSILS

- Medium Cooking Pot
- Mixing Spoon
- Storage Container
- Ruber Spatula
- Teaspoon
- Tablespoon
- 1/2 Cup
- Cup



PREPARATION (Apple Sauce)

- 0) Add ALL ingredient to medium cooking pot
- 1) Bring to boil
- 3) Reduce to Simmer
- 4) Cook till Apples are mushy (about 10 minutes)
- 5) Add more Whole Food Living Water as needed
- 6) Remove from Heat
- 7) Use as a binder without the Sucanat in our Chocolate Chipotle Mini-Cakes, as a binding agent in baked goods or Enjoy mixed with almond butter, fresh fruit, mixed nuts and our Pura Vida Healing Chocolateae Sauce
- 8) Eat and Enjoy because every tasty bite nourishes your body



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

Dr. Ava Perez