



# Pura Vida Foodology Planet-wide

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

## SUSTAINABLE HEALING FOODS: CINNAMON CREAM CHEESE FROSTING

I've been told I make the best frosting and several companies have attempted to buy it from me. I always refused because the secret to this frosting is in the timing. This is a frosting that is meant to be made slowly and with loving intent in personal kitchens all over the realm. This frosting is all about patience and cannot be rushed. I like to put on my favorite music and enjoy the time. This Cinnamon Cream Cheese Frosting is my same famous frosting just made from 100% sustainable healing plants but no one will know.



This Frosting is an antioxidant superfood with ALL 9 Essential Amino Acids, trace minerals, all your B Vitamins, Vitamins A, C, D, E and K as well as omega-3 and omega-6 in a 6:1 ratio making this Frosting a perfect food. Our Frosting increases your fat burning, releasing any stored fat and helping you loose weight as well as lowering your cholesterol, removing arterial plaque and reducing bloating and gas. Build lean muscle, boost your athletic performance, boost your athletic recovery, reduce acute and overall pain and increase your muscle recovery with each creamy bite.



Antibacterial, anti-fungal, anti-aging, anti-microbial and anti-inflammatory, this Frosting, reduces oxidative stress, boosts collagen, boosts skin elasticity, boosts your immunological library, regulates your blood pressure and reduces inflammation. Improve insulin sensitivity, manage and treat diabetes, increase blood circulation and blood oxygen levels, help prevent against stroke, heart dis-ease, ALL chronic dis-eases and ALL cancers with Frosting. Boost your neural health, boost your cognitive function, boost your memory retention,



boost your concentration, improve your mental clarity and increase your focus with our addictive and healthy Frosting. Our Cinnamon Cream Cheese Frosting makes you smarter, stronger, quicker, thinner and heal-thier. Yes, Frosting 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 cup Wholesome Sucanat
- 7.05oz Violife Vegan Original Cream Cheese
- 1/2 cup European Style Vegan Butter\*
- 1 tsp Organic Agave Syrup
- 1 tbsp Whole Food Living Water
- 1/4 cup Organic Coconut Cream
- 1 tsp Vanilla
- 1 tsp Cinnamon powder (+ to garnish)
- 1/4 tsp Himalayan Pink Salt

### UTENSILS

- Medium Sauce Pan
- Whisk
- Rubber Spatula
- Teaspoon
- 1/4 Teaspoon
- Tablespoon
- 1/4 Cup
- Cup



### PREPARATION (Cinnamon Cream Cheese Frosting)

- 0) Have European Style Vegan Butter\* ready before you begin
- 1) Add Wholesome Sucanat to Medium Sauce Pan on Low heat
- 2) Start to Melt Wholesome Sucanat Whisking constantly
- 3) As Wholesome Sucanat starts to melt add Water
- 4) Continue to Whisk
- 5) When the Wholesome Sucanat is at least half melted Add Cream Cheese, European Style Vegan Butter\*, Vanilla, Cinnamon powder and Salt
- 6) Continue to Whisk till Cream Cheese, European Style Vegan Butter\* & Wholesome Sucanat are Melted
- 7) Add Coconut Cream and Agave Syrup
- 8) Continue to Whisk as Frosting thickens (4 to 6 minutes)
- 9) Remove from heat
- 10) Allow to Cool before use
- 11) As the Frosting Cools the color lightens and in a pinch you can transfer the frosting to a glass or plastic container and refrigerate the Frosting
- 12) When the Frosting has Cooled use it liberally to frost our Apple Cinnamon Cupcakes or Carrot Cake or anywhere you normally enjoy Frosting
- 13) Sprinkle Frosted Cupcakes with Cinnamon
- 14) 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*