



# Pura Vida Foodology Planet-wide

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

## SUSTAINABLE HEALING FOODS: PEANUT BUTTER FROSTING

I've been told I make the best frosting and several companies have attempted to buy it from me. I always refused because this isn't a recipe to mass produce. For me this is a recipe we share in kitchens and pass down the secret to this frosting from generation to generation and the secret is all in the timing. This frosting is meant to be made slowly with loving intent in personal kitchens all over the planet. This frosting is all about patience and cannot be rushed. I like to put on my favorite music and enjoy the time. This Peanut Butter Frosting is based on my same famous frosting just made good for you 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. Our Frosting is antibacterial, anti-fungal, anti-microbial, anti-inflammatory and anti-aging as well as boosting anandamide, dopamine and serotonin while simultaneously reducing cortisol and other stress hormones, reducing oxidative stress and

boosting collagen. This frosting is a mood booster in a sweet portable package that boosts your immuno-logical library, reduces your cholesterol, regulates your blood pressure, reduces respir-atory inflammation and boosts your white blood cell count. This Frosting is high in pro-biotics that actually improve your digestion, detox your body, detox heavy metals, im-prove insulin sensitivity, protect against diabetes as well as manage and treat diabetes, increase eyesight up to 44%, increase blood circulation and blood oxygen levels as well as prevent against stroke, heart dis-ease, ALL chronic diseases and ALL cancers while reducing risk of developing Alzheimers, dementia and Parkinson's up to 70%.



Strengthen your nails, hair and bones, prevent joint pain, arthritis and osteoporosis while enjoying this Peanut Butter Frosting. Boost your neural health, boost your cognitive function, boost your memory retention, boost your concentration, improve your mental clarity and increase your focus. Our Peanut Butter Frosting makes you smarter, stronger, quicker, thinner and healthier. 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..

### UTENSILS

- Medium Sauce Pan
- Whisk
- Rubber Spatula
- 1/4 Teaspoon
- Teaspoon
- Tablespoon
- 1/4 Cup
- 1/2 Cup
- Cup



### INGREDIENTS

- 1 cup Wholesome Sucanat
- 7.05oz Violife Vegan Original Cream Cheese
- 1/2 cup European Style Vegan Butter\*
- 1 tbsp 100% Pure Organic Maple Syrup
- 2 tbsp All-Natural Peanut Butter chunky
- 1/4 cup Organic Coconut Cream
- 1 tsp Vanilla
- 1/4 tsp Himalayan Pink Salt

### PREPARATION (Peanut Butter Frosting)

- 0) Have European Style Plant-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 Coconut Cream and Peanut Butter
- 4) Continue to Whisk
- 5) When the Wholesome Sucanat is at least half melted Add Cream Cheese, European Style Plant-Butter\*, Vanilla and Salt
- 6) Continue to Whisk till Cream Cheese, European Style Vegan Butter\* and Wholesome Sucanat is Melted
- 7) Add Maple 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 Chocolate Chipotle Cupcakes or anywhere you normally enjoy Frosting
- 13) 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*