



# Pura Vida Foodology Planet-wide

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

## SUSTAINABLE HEALING FOODS: HEALING CHOCOLATE ICING

Icing is one of those easy sweet treats that elevates cookies, muffins, waffles, french toast, coffeecakes, energy balls and breakfast cookies. With only four simple ingredients, a food processor and a whisk you can create a healing icing full of antioxidants, trace minerals, Vitamin A, ALL your B Vitamins, Vitamin C, Vitamin D, Vitamin E, Vitamin K, and ALL 9 Essential Amino Acids making this icing a perfect food. This Healing Chocolate Icing boosts your energy helping you loose weight as well as lowering your cholesterol and removing arterial plaque.



This superfood is a powerful source of antioxidants that increases focus, decreases cholesterol and insulin resistance, regulates diabetes, lowers risk of calcified artery plaque, protects against sun damage, increases skin density and hydration, improves blood flow to brain, improves cognitive function, improves verbal fluency, improves deductive reasoning, improves logic and improve math skills. Support nitric oxide production, improve circulation, prevent anemia, regulate blood pressure, lower fluid retention, create and maintain electrolyte and fluid balance, reduce gastric acidity, balance ph levels, reduce cramps and muscle spasms, boost metabolic

functioning, strengthen bones, teeth, and hair. This Chocolate Icing can also balance hormones, lower adrenaline and cortisol, increase dopamine and anandamide to boost mood, increase negative ions, reduce respiratory allergens, aide digestion, improve cardiovascular health, promote healthy sleep, improve cellular oxygenation and regeneration, improve nutrient absorption, boost lymphatic system, boost lymphatic drainage and reduce formation of varicose veins. It promotes serotonin, decreases pain while reducing pain and boosting overall strength, fitness and athletic

performance as well as detoxing heavy metals and being a powerful anti-inflammatory, anti-bacterial, anti-fungal, antimicrobial and anti-parasitic. Our Chocolate Icing makes you smarter, stronger, quicker, thinner and healthier. Yes, a dessert sauce 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**
- 1/2 cup Wholesome Sucanat
  - 1/2 tbsp Organic Cornstarch
  - 1-2 tbsp Organic Soy Milk
  - 1/4 tsp Vanilla Extract
  - 1/2 tsp Organic Raw Cacao



- UTENSILS**
- Food Processor or Blender
  - Large Mixing Bowl
  - Whisk
  - 1/4 Teaspoon
  - 1/2 Teaspoon
  - 1/2 Tablespoon
  - Tablespoon
  - 1/2 Cup

## PREPARATION (Chocolate Icing)

- 0) Add ALL ingredients to Food Processor or Blender
- 1) Blend till well incorporated
- 2) Transfer to Large Mixing Bowl
- 3) Start with 1 tbsp Soy Milk at a time added to Large Mixing Bowl
- 4) Whisk until thoroughly incorporated
- 5) Add more Soy Milk if too thick, Add more blended Wholesome Sucanat with Cornstarch if too thin
- 6) Drizzle on Breakfast Cookies, Energy Balls, Cookies, Coffeecakes, Muffins, Waffles, French Toast and all your favorite sweet treats
- 7) 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*