



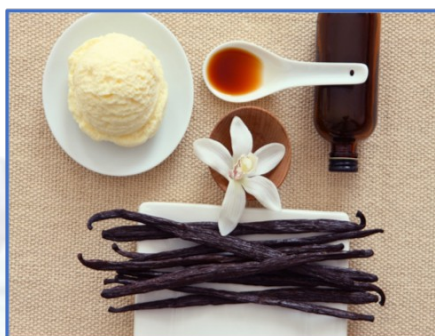
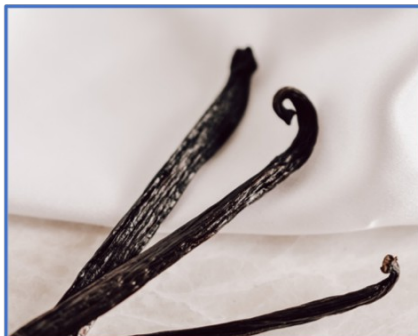
Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD

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

SUSTAINABLE HEALING FOODS: HEALING VANILLA 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 Vanilla Icing boosts your energy helping you loose weight as well as lowering your cholesterol and removing arterial plaque.



Reduce acute and overall pain, accelerate wound healing and boost oxygen in your blood, organs and tissues as well as being anti-bacterial, anti-fungal, anti-microbial, anti-parasitic and anti-inflammatory. While you enjoy this Healing Vanilla Icing you are boosting your immunological library, reducing your cholesterol, regulating your blood pressure, improving your digestion, improving insulin sensitivity and regulating insulin production.

You'll also be increasing your 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 healing icing.

Boost your neural health, boost your cognitive function, boost your memory retention, boost your concentration, improve your mental clarity and increase your focus. Our Healing Vanilla 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

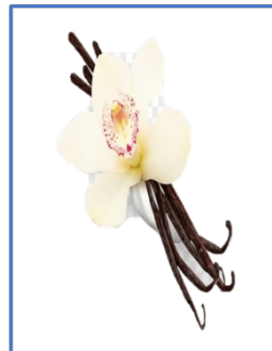


UTENSILS

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

PREPARATION (Vanilla 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