



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 PINEAPPLE SAUCE

I love pineapple and could eat it everyday. I also love these Whole Food Crystals from Just One Organics. They reclaim Organic fruits and vegetables that aren't up to retailers aesthetics and dehydrate them into these shelf stable Whole Food Crystals. These Whole Food Crystals cut a lot of my prep time giving me more time which I appreciate. This Pineapple Sauce is easy to make, full of antioxidants, trace minerals and tons of vitamins that actually boost your immunological library and metabolism to help you burn more fat. Plus, all the bromelain in pineapple increases your nutrient absorption so you don't have to restrict yourself with this pineapple sauce.



This pineapple sauce has ALL 9 essential amino acids, 84 healthy compounds, fiber, iron, copper, magnesium, zinc, potassium, selenium, calcium, chloride, bicarbonate, bromide, borate, strontium, fluoride, sodium, and iodine. This super-food is a powerful source of antioxidants that increases focus, decreases cholesterol and insulin resistance, regulate diabetes, lower risk of calcified artery plaque, protect against sun damage, increase skin density and hydration, improve blood flow to brain, improve cognitive function, improve verbal fluency, improve deductive reasoning, logic and math skills. Support nitric oxide production, improve circulation, help prevent anemia, regulate blood



regulate blood pressure, lower fluid retention, create and maintain electrolyte and fluid balance, reduce gastric acidity, balance ph, reduce cramps and muscle spasms and boost metabolic functioning and strengthen your bones, teeth, and hair. This Healing Pineapple Sauce can also balance your hormones, lower your adrenaline and cortisol, increase your dopamine and anandamide to boost your 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. This sauce promotes serotonin, while reducing pain and boosting overall strength, fitness and athletic performance as well as detoxing heavy metals and being a powerful anti-inflammatory plus its anti-bacterial, anti-fungal, antimicrobial and anti-parasitic. Our Healing Pine-apple Sauce 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 in-gredients are staples in my kitchen.

Let's prepare some food...

INGREDIENTS

- 1/2 Cup Pineapple Whole Food Crystals
- 1 tbsp Organic Soy Milk
- 1 tbsp Organic 100% Pure Maple Syrup
- 1/4 tsp Himalayan Pink Salt
- 1/2 tsp Vanilla extract



UTENSILS

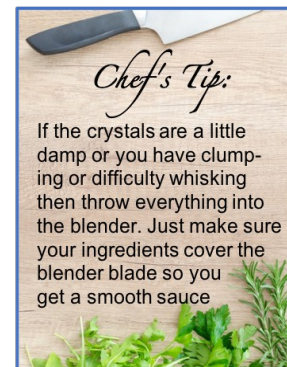
- 2 cup glass Measuring Cup
- Mixing Fork
- Rubber Spatula
- Squeeze Bottle
- Label for Squeeze Bottle
- 1/2 Cup
- 1/4 Teaspoon
- 1/2 Teaspoon
- Small Funnel

PREPARATION (Pineapple Sauce)

- 0) Add ALL ingredients to glass Measuring Cup
- 1) When working with Whole Food Crystals REMEMBER: keep crystals DRY
- 2) Mix with Mixing Fork till smooth
- 3) Open Squeeze Bottle
- 4) Using your Funnel and Rubber Spatula to transfer Blueberry Sauce to Squeeze Bottle
- 5) Close and secure lid to Squeeze Bottle
- 6) Shake before use
- 7) Drizzle on everything and enjoy guilt free 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



Chef's Tip:

If the crystals are a little damp or you have clumping or difficulty whisking then throw everything into the blender. Just make sure your ingredients cover the blender blade so you get a smooth sauce