



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 RASPBERRY SAUCE

I love raspberries and could eat them 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 gifting me more time without sacrificing quality which I appreciate. This Raspberry Sauce is easy to make, full of antioxidants, trace minerals and tons of vitamins that actually boost your immunological library and metabolism to burn more fat. So don't be stingy with this raspberry sauce, it's an indulgence that helps you loose weight and relieve pain.



This Raspberry Sauce has all 9 essential amino acids, 84 healthy compounds, fiber, iron, copper, magnesium, zinc, potassium, selenium, calcium, potassium, 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. Supports

nitric oxide production, improves circulation, prevents anemia, regulates blood pressure, lowers fluid retention, creates and maintains electrolyte and fluid balance, reduces gastric acidity, balances ph levels, reduces cramps and muscle spasms, boosts metabolic functioning and strengthens bones, teeth, and hair. This Healing Raspberry Sauce can also balance your hormones, lower your adrenaline and cortisol, increase your dopamine and anandamide to boost your mood, increase your 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, while reducing pain and boosting overall strength, fitness and athletic performance as well as detoxing heavy metals and being a powerful anti-inflammatory, antibacterial, anti-fungal, antimicrobial and anti-parasitic. Our Healing Raspberry 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 ingredients are staples in my kitchen.

Let's prepare some food...

INGREDIENTS

- 1/2 Cup Blueberry 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 (Raspberry 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

