



Pura Vida Foodology Planet-wide

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

SUSTAINABLE HEALING FOODS: SWEET TAHINI SAUCE

Tahini is so versatile whether you're using it sweet or savory and a written history going back over 7,000 years. Originating from The Middle East, tahini is quite simply ground sesame seeds. Today, sesame seeds are grown all over the planet with the most prized coming out of Ethiopia. Our Sweet Tahini Sauce is the perfect topping to your favorite smoothie bowl, toast, roasted nuts, cookies, cupcakes, pies, tarts, sweet potatoes, fruit salad and smoothies plus it is easy to make, high in protein, fat, carbohydrates, fiber, manganese, Vitamin B9, copper, iron, zinc, phosphorus, magnesium, thiamine, Vitamin B6, selenium, potassium, choline and Vitamin C.



With 8 out of 9 Essential Amino Acids this antioxidant superfood is antibacterial and anti-inflammatory with a long list of health benefits like balancing hormones and PH levels, boosting digestion, increasing healthy gut bacteria, reducing symptoms of leaky gut, boosting organ function, preventing and treating digestive issues, preventing against cancers, preventing and managing diabetes and reducing appetite while giving you steady energy all day. Eating this Sweet Tahini Sauce regulates blood sugar, insulin and

blood pressure, boosts bone and muscle growth as well as bone and muscle strength, boost your athletic performance and athletic recovery, lower cholesterol, boost wound healing, reduce risk of heart disease and other cardiovascular conditions. This Sauce also makes you smarter and feel better by boosting your brain health, boosting neurotransmitters, repairing nerve and neurological damage, boosting brain development and function while lowering cortisol and increasing dopamine and anan-

damide to boost your mood while protecting against depression and anxiety. Our Sweet Tahini 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

- 3/4 cup Organic Tahini
- 3/4 cup Organic 100% Pure Maple Syrup
- 1/4 tsp Himalayan Pink Salt



UTENSILS

- Medium Mixing Bowl
- 1/4 Teaspoon
- 3/4 Cup
- Whisk or Large Mixing Fork

PREPARATION (Sweet Tahini Sauce)

- 0) Add ALL Ingredients to Medium Mixing Bowl
- 1) Mix thoroughly until well incorporated
- 2) Drizzle over Antioxidant Smoothie Bowl, nuts, toast, cookies, cupcakes, pies, tarts, sweet potatoes, fruit salad, smoothies and anywhere you want to sweeten things up a bit
- 3) 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