



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: COCONUT WHIPPED CREAM

Can Whipped Cream be made into a superfood? Our Pura Vida Coconut Whipped Cream comes pretty close with Essential Amino Acids, trace minerals, B Vitamins, Vitamins A, C, D, E and K, MCT oil, omega-3 and omega-6 in the perfect ratio. So, yeah, our Whipped Cream is a superfood you can enjoy anytime of day even for breakfast. Our Whipped Cream is so good for you feel free to use liberally. No extra time on the treadmill required. When we give our bodies **The Right Tools**, our bodies are able to repair anything and our Coconut Whipped Cream has all the building blocks your body needs to thrive.



Our Whipped Cream strengthens your bones, hair, teeth, eyes, heart, lungs, liver, kidneys and brain, re-verses signs of aging, prevents collagen breakdown, reverses age related cognitive decline, supports your thyroid and aides in decalcifying your pineal gland. As well as improving your cognitive function, your memory, your visual memory recall, your learning capability, your brain capacity, your processing capability and your cognitive function in a tasty sweet whipped treat. While your indulge in our Coconut Whipped Cream you'll also increase blood flow

blood flow to your brain, feel your mood elevate, accelerates your healing down to a cellular level, regulates your blood pressure, your blood sugar and insulin all while boosting your beneficial gut bacteria, boosting your immunological library, lowering your LDL cholesterol and aiding cellular reproduction. This Whipped Cream is also anti-inflammatory, antibacterial, anti-fungal and antimicrobial that increases your circulation, boosts your blood oxygen levels, reduces your risk of cardiovascular disease, stroke, heart disease, heart attack, ALL cancers & ALL degenerative diseases.

Strengthen your nails, hair and bones, prevent joint pain, arthritis and osteoporosis while enjoying this Whipped Cream. Our Coconut Whipped Cream makes you smarter, stronger, quicker, thinner and healthier. Yes, Whipped Cream 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 can Organic Heavy Coconut Cream separated
- 1+ tbsp 100% Pure Organic Maple Syrup
- 1 tsp Vanilla extract
- 1 tsp Organic Tapioca Starch or Cornstarch
- 1/4 tsp Himalayan Pink Salt
- 1/4 tsp Guar Gum (if needed to thicken)



UTENSILS

- Can Opener
- Large Metal Bowl
- Whisk or Large Fork
- 1/4 Teaspoon
- Teaspoon
- Tablespoon
- Glass for Coconut Water
- Rubber Spatula



PREPARATION (Coconut Whipped Cream)

- 0) Refrigerate Heavy Coconut Cream upside down for an hour before you begin
- 1) Use Can Opener to open Heavy Coconut Cream Can UPSIDE DOWN
- 2) Pour Coconut Water into Glass & set aside
- 3) Use Rubber Spatula to get all the Heavy Coconut Cream into Large Metal Bowl
- 4) Add ALL other ingredients to Large Metal Bowl
- 5) Whisk until stiff peaks form and ingredients are well incorporated
- 6) If Heavy Coconut Cream is NOT thickening & forming stiff peaks add Guar Gum
- 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