



Pura Vida Foodology Planet-wide

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

SUSTAINABLE HEALING FOODS: TOFU WHIPPED CREAM

Can Whipped Cream be made into a superfood? Our Pura Vida Tofu Whipped Cream is as a perfect food meaning it has all 9 Essential Amino Acids, 18 of 22 amino acids, all your trace minerals, all your B Vitamins, Vitamins A, C, D, E and K, a ton of protein, 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 Tofu 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, reverses 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 Tofu Whipped Cream you'll also increase 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, anti-bacterial, 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 dis-

eases. Strengthen your nails, hair and bones, prevent joint pain, arthritis and osteoporosis while enjoying this Whipped Cream. Our Tofu 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 package Organic Silken Firm Tofu
- 1+ tbsp 100% Pure Organic Maple Syrup
- 1+ tbsp Organic Soy Milk
- 1 tsp Vanilla extract
- 1/2 cup Fresh Pineapple
- 1/2 tsp Lemon Juice fresh
- 1/4 tsp Himalayan Pink Salt



UTENSILS

- Food Processor
- Rubber Spatula
- Container with Lid
- Label for Container
- 1/4 Teaspoon
- 1/2 Teaspoon
- Teaspoon
- Tablespoon
- 1/2 Cup
- Scissors to open Tofu

PREPARATION (Tofu Whipped Cream)

- 0) Add ALL ingredients to Food Processor
- 1) Pulse until smooth
- 2) Use Rubber Spatula to transfer Whipped Cream to Container with Lid
- 3) Use immediately or store in refrigerator
- 4) Enjoy on its own or topped with Pura Vida Granola* & Fresh Fruit
- 5) 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