



Pura Vida Foodology Planet-wide

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

SUSTAINABLE HEALING FOODS: GUAVA DIJON VINAIGRETTE

This is one of our favorite salad dressings. It's so easy to make. I literally just put everything in a bowl and whisk. We use it on salad, pizzas, sandwiches, wraps, pastas, everything. It has the right balance of tart, sweet, savory, silky and fruity that always seems to enrich everything we put on it without competing. Plus, our Guava Dijon Vinaigrette is full of vitamins, minerals and Essential Amino Acids that help you loose weight, increase fat burning, release stored fat, lower cholesterol, remove arterial plaque, reduce bloating and gas, build lean muscle, boost your athletic performance, boost your athletic recovery, reduce your pain, boost your wound healing, increase your muscle recovery, repair damaged muscle tissue and boost oxygen in your blood, organs and tissues.



Our healing salad dressing is anti-bacterial, anti-fungal, anti-microbial, anti-inflammatory and anti-aging while reducing oxidative stress and repairing cell damage. Drizzle this dressing on everything to boost your immunological library, reduce your cholesterol, regulate your blood pressure, reduce respiratory inflammation, reduce asthma symptoms, prevent asthma, reduce bruising and boost your white blood cell count.

Our Guava Djojn Vinaigrette helps improve your digestion, fight off bad bacteria and improve your gut flora, improve insulin sensitivity, protect against diabetes and manage and treat diabetes with this easy vinaigrette. As a strong vasodilator, this vinaigrette promotes proper blood circulation as well as prevents against stroke, heart disease, ALL chronic dis-eases, prevents against ALL cancers all while improving your vision, preventing and treating Alzheimers, dementia and Parkinson's.

Strengthen your bones and nails, prevent joint pain, arthritis, osteoporosis and atherosclerosis making your hair thicker, stronger and more luxurious. Our Guava Dijon Vinaigrette make you smarter, stronger, quicker, thinner and healthier. Yes, salad dressing can do all that and more which are only some of the reasons why all of these ingredients are staples in my kitchen.



INGREDIENTS

- 2 tsp Extra Virgin Cold-Pressed Olive Oil
- 1 tsp Balsamic Vinaigrette
- 1 tsp Organic Guava Nectar
- 1/2 tsp Tamari
- 1 tsp Garlic Powder



Let's prepare some food...

UTENSILS

- Small Mixing Bowl
- Whisk
- 1/2 Teaspoon
- Teaspoon
- Tablespoon

PREPARATION (Guava Dijon Vinaigrette)

- 0) Add ALL ingredients to Small Mixing Bowl
- 1) Whisk thoroughly
- 2) Use on salads, sandwiches, pastas, pizzas and more
- 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