



# Pura Vida Foodology Planet-wide

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

## SUSTAINABLE HEALING FOODS: CINNAMON ROLL HUMMUS

There are nearly as many styles of Hummus as there are humans because we've been making Hummus for at least 10,000 years. We also love dessert so dessert hummus seems like an obvious progression and this dessert hummus reminds us of a cinnamon roll that's perfect for dipping fresh strawberries, apple slices, pineapple chunks, papaya chunks, cinnamon sugar corn chips and other fresh fruits into. Enjoy this hummus as it is or drizzle it with some of our Healing Vanilla Icing\* and sprinkle some cinnamon powder on top. Yum. There are so many ways to use this easy to make dip that is 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 as well as preventing against cancers, preventing and managing diabetes and reducing appetite while giving you steady energy all day long. Eating this Cinnamon Roll Hummus regulates blood

sugar, insulin and blood pressure, boosts bone and muscle growth as well as bone and muscle strength, boosts your athletic performance and athletic recovery, lowers cholesterol, boosts wound healing, reduces risk of heart dis-ease and other cardiovascular conditions. This Hummus 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 and supporting higher energy levels. Our Cinnamon Roll Hummus makes you smarter, stronger, quicker, thinner and healthier. Yes, Hummus 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



- 16oz can of Chickpeas/Garbanzo Beans
- 1/4 cup liquid from can of Chickpeas
- 2 tbsp Lemon Juice
- 1 tsp Tahini
- 1/4 All-Natural Almond Butter
- 1/4 cup 100% Pure Organic Maple Syrup
- 1/4 tsp Himalayan Pink Salt
- 2 tsp Cinnamon powder
- 1 tsp Pumpkin Pie Spices
- 1/2 tsp Star Anise powder
- 1 tsp Vanilla
- drizzle with Pura Vida Healing Vanilla Icing\*



### PREPARATION (Cinnamon Roll Hummus)

- 0) Drain Chickpeas & set aside 1/4 cup liquid from can
- 1) Add Chickpeas & remaining ingredients into Blender
- 2) Blend 3-5 minutes on low until thoroughly mixed & smooth
- 3) Add more Whole Food Living Water if too thick
- 4) Serve in bowl
- 5) Drizzle with Pura Vida Healing Vanilla Icing\*
- 6) Sprinkle with Cinnamon powder
- 6) Eat and Enjoy because every bite nourishes your body



### UTENSILS

- Blender
- Can Opener
- 1/2 Tablespoon
- Tablespoon
- 1/4 Teaspoon
- 1/2 Tablespoon
- Teaspoon
- 1/4 Cup
- Storage Container

May your life be full of great joy with the health and abundance to enjoy it.

*Dr. Ava Perez*