



# 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: HEALING SOUR CREAM

Can Sour Cream be a superfood? We make our Pura Vida Healing Sour Cream 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 and omega-3 and omega-6 in the perfect ratio. Our Sour 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 Sour Cream has all the building blocks your body needs to build adult stem cells and thrive.



Our Healing Sour 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 and supports your thyroid. It also improves your cognitive function, your memory, your visual memory recall, your learning capability, your brain capacity, your processing capability and your cognitive function in a creamy tart sauce. While you indulge in our Healing Sour Cream you'll also increase blood flow to your brain, feel

your mood elevate, accelerate your healing down to a cellular level, regulate 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 because our Healing Sour Cream is a superfood. This Healing Sour Cream is also anti-inflammatory, antibacterial, anti-fungal and antimicrobial that increases your circulation, boosts your blood oxygen levels, reduces your risk of

cardiovascular dis-ease, stroke, heart dis-ease, heart attack, ALL cancers and ALL degenerative dis-eases. Our Healing Sour Cream makes you smarter, stronger, quicker, thinner and healthier. Yes, Sour 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 pkg Organic Silken Tofu
- 1/3 cup Soy Kefir
- 1 tbsp Organic Coconut Oil melted
- 1 tbsp Cold-Pressed Extra-Virgin Olive Oil
- 3 tbsp Fresh Lemon Juice
- 2 tsp Apple Cider Vinegar
- 1 tsp Garlic powder
- 1 tsp 100% Pure Organic Maple Syrup
- 1/2 tsp Himalayan Pink Salt
- 1/4 tsp MSG
- 1/4 tsp Guar Gum



### UTENSILS

- Large Mason Jar with Lid
- Blender / Vitamix
- Label for Mason Jar
- 1/4 Teaspoon
- 1/2 Teaspoon
- Teaspoon
- Tablespoon
- 1/3 Cup
- Cup
- Scissors to open Tofu
- Rubber Spatula



- 0) Add ALL ingredients to Blender
- 1) Blend until smooth and creamy (about 30 seconds to 1 minute)
- 2) Taste and adjust flavor as needed
- 3) Use on hashes, sandwiches, wraps, scrambles tacos, pizzas, salads and anywhere you want a rich, creamy tart sauce
- 4) Store extra in the refrigerator for 1-2 weeks
- 5) Use liberally on everything & enjoy guilt free 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*