



Pura Vida Foodology Planet-wide

Dr. Ava Perez - Foodologist - NP MD PhD

Ensenada | Baja California | Mexico | Costa Rica | Philippines | Thailand | Africa | New Zealand

SUSTAINABLE HEALING FOODS: PLANT-MOZZARELLA

Can Mozzarella be a superfood? We make our Pura Vida Plant-Mozzarella to be 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. Our Plant-Mozzarella is so good for you feel free to eat 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 Plant-Mozzarella has all the building blocks your body needs to thrive.



This Plant-Mozzarella strengthens your bones, hair, teeth, eyes, heart, lungs, liver, kidneys and brain plus it balances your hormones, reduces symptoms of menopause, reverses signs of aging, prevents collagen breakdown, reverses age related cognitive decline, supports your thyroid and aids in decalcifying your pineal gland. 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. Help 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 with cheese you make in a blender. This Plant-Mozzarella is also anti-inflammatory, anti-bacterial, anti-fungal and antimicrobial that reduces your risk of cardiovascular dis-ease, stroke, heart dis-ease, heart attack, ALL cancers and ALL degenerative dis-eases while removing carcinogens from your

body and boosting your hydration and oxygen levels. Our Plant-Mozzarella makes you smarter, stronger, quicker, thinner and healthier. Yes, Cheese 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

- 1/2 cup Organic Silken Tofu
- 1/4 cup Organic Tapioca Starch
- 1/4 cup Organic Refined Coconut Oil
- 2 tbsp Organic Nutritional Yeast
- 2 tbsp Kappa Carrageen
- 1/4 tsp MSG
- 1 1/2 tsp Himalayan Pink Salt
- 1 tbsp White Miso Paste
- 1 1/2 cup Boiling Whole Food Living Water

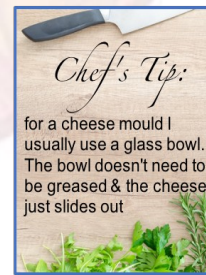
UTENSILS

- Blender
- Scissors (open tofu)
- Cup
- 1/2 Cup
- 1/4 Cup
- Tablespoon
- 1/4 Teaspoon
- 1/2 Teaspoon
- Teaspoon
- Cheese Mould
- Rubber Spatula



PREPARATION (Plant-Mozzarella)

- 0) Open Tofu with Scissors and drain out liquid
- 1) Add ALL ingredients to Blender EXCEPT Boiling Water
- 2) Get your Cheese Mould & Rubber Spatula handy
 - *Once the Boiling Water is added the Kappa Carrageen begins to harden so you want to work fast getting your ingredients blended & into your mould fast*
- 3) Add Boiling Hot Water
- 4) Blend until Smooth
- 5) Transfer Liquid Cheese into Cheese Mould working quickly
- 6) Put Cheese Mould uncovered into Refrigerator to harden (about 4 hours) Use Rubber Spatula to smooth the cheese
- 7) After Cheese hardens loosen the inside perimeter of the Cheese, turn the bowl upside down and tap the Cheese loose
- 8) Now the Cheese is ready to slice, grate & cube
- 9) Eat and Enjoy because every tasty bite nourishes your body



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

Dr. Ava Perez



Pura Vida Foodology Planet-wide

Dr. Ava Perez - *Foodologist* - NP MD PhD

Ensenada | Baja California | Mexico | Costa Rica | Philippines | Thailand | Africa | New Zealand

