



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 SCRAMBLED EGGS

Tofu Scrambled Eggs have 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 making this a perfect food. Plus they are versatile, easy to make, filling and a delicious alternative to chicken-eggs. When we give our bodies **The Right Tools**, our bodies are able to repair anything and these Tofu Scrambled Eggs have all the building blocks your body needs to thrive.

Our Tofu Scrambled Eggs strengthen your bones, hair, teeth, eyes, heart, lungs, liver, kidneys and brain, reverse signs of aging, prevent collagen breakdown, reverse age related cognitive decline and support your thyroid. They also help improve your cognitive function, your memory, your visual memory recall, your learning capability, your brain capacity, your processing capability and your cognitive function in a yummy easy scramble. While you indulge in our Tofu Scrambled Eggs you'll also increase blood flow to your brain, feel your mood elevate and accelerate your healing down to a cellular level. You'll be regulating 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 each bite.

These Tofu Scrambled Eggs are also anti-inflammatory, antibacterial, anti-fungal and antimicrobial. Increase your circulation, boost your blood oxygen levels, reduce your risk of cardiovascular dis-ease, stroke, heart dis-ease, heart attack, ALL cancers and ALL degenerative dis-eases with this easy breakfast which are only some of the reasons why all these ingredients are staples in my kitchen.

Let's prepare some food...

INGREDIENTS

1 package Organic Silken Tofu
2 tbsp Organic Soy Milk
1 tbsp Organic Coconut Oil
1 tsp Garlic powder
1 tbsp Parsley dried or fresh
1/4 tsp Turmeric powder
1 tbsp Nutritional Yeast
1/4 tsp MSG
1/2 tsp Himalayan Pink Salt

UTENSILS

Medium Mixing Bowl
Large Mixing Fork
1/4 Teaspoon
1/2 Teaspoon
Teaspoon
Scissors to open Tofu

PREPARATION

- 0) Cut open Tofu package with Scissors
- 1) Add Tofu to Medium Mixing Bowl
- 2) Break up Tofu with Large Mixing Fork
- 3) Add ALL remaining ingredients
- 4) Mix till thoroughly incorporated
- 5) Cook like Chicken-Eggs or Store in refrigerator up to 3 weeks
- 6) Eat and 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