



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 KALE PESTO

Kale Pesto is a versatile easy to make condiment that easily goes from waffles to pizza. Our Pura Vida Healing Kale Pesto is a superfood full of antioxidants, Vitamin A, ALL your B Vitamins, Vitamin D, Vitamin C and essential amino acids. This Pesto adds a refreshing boost to any meal while boosting your energy, increasing your fat burning, releasing any stored fat and helping you loose weight, reducing bloating and gas and lowering your cholesterol. Reduce acute and overall pain, accelerate wound healing and boost oxygen in your blood, organs and tissues. This Pesto is also antibacterial, anti-fungal, anti-microbial, anti-inflammatory and anti-aging as well as boosting your anandamide, dopamine and serotonin while simultaneously reducing your cortisol and other stress hormones, reducing oxidative stress and boosting collagen.



While you enjoy our Pesto you are boosting your immunological library, reducing your cholesterol, regulating your blood pressure, reducing respiratory inflammation and boosting your white blood cell count. Plus it actually improves your digestion, reduces symptoms of IBS and other digestive issues, boosts vision, increases your blood

circulation and prevents against stroke, heart dis-ease, ALL chronic dis-eases and ALL cancers while reducing your risk of developing Alzheimers, dementia and Parkinson's. Boost your neural health, boost your cognitive function, boost your memory retention, boost your concen-tration, improve your mental clarity and in-crease your focus.

Our Kale Pesto makes you smarter, stronger, quicker, thinner and healthier. Yes, Pesto 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 1/2 cup Fresh Kale Leaves
- 4 cloves Garlic
- 1/3 cup Cold-Pressed Extra Virgin Olive Oil
- 1 tsp Fresh Lemon Juice
- 1/2 tsp Aged Tamari
- 1 tsp Crystal Hot Sauce
- 1/3 cup Sunflower Seeds shelled
- 1/2 tsp Himalayan Pink Salt



UTENSILS

- Blender / Vitamix
- Large Mason Jar with Lid
- Label for Mason Jar
- Teaspoon
- 1/2 Tablespoon
- Tablespoon
- 1/3 Cup
- Cup



PREPARATION (Kale Pesto)

- 0) Add ALL ingredients to Blender
- 1) Blend until Smooth
- 2) Transfer to Mason Jar or other storage container and keep up to a month
- 3) Use on sandwiches, wraps, pizzas, pastas, tacos, plant-burgers & salads
- 4) 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