



Pura Vida Foodology Planet-wide

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

SUSTAINABLE HEALING FOODS: CHIPOTLE PLANT-RANCH

Can Ranch Dressing be a superfood? The way we make our Pura Vida Healing Ranch dressings including our Chipotle Ranch is to make each one a perfect food meaning it has all 9 Essential Amino Acids. Our creamy Ranch dressings also have 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 Ranch is so good for you feel free to use it 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 Ranch and Chipotle Ranch have all the building blocks your body needs to thrive.



Our Ranch strengthens your bones, hair, teeth, eyes, heart, lungs, liver, kidneys and brain, reverses signs of aging, prevents collagen breakdown, reverses age related cognitive decline, supports your thyroid and aides in decalcifying your pineal gland. It also helps 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 savory, creamy, versatile sauce.

While you indulge in our Chipotle Ranch you'll also be increasing blood flow to your brain. Feel your mood elevate and your stress levels lower as your healing is accelerated down to a cellular level. Our tasty Ranch dressing also helps 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. This Ranch is also anti-inflammatory, antibacterial, anti-fungal and antimicrobial that actually

increases your circulation, boosts your blood oxygen levels, reduces your risk of cardiovascular disease, stroke, heart disease, heart attack, ALL cancers and ALL degenerative diseases. Yes, Ranch 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 package Organic Silken Tofu
- 1/3 cup Soy Kefir
- 3 tbsp fresh Lemon Juice
- 2 tbsp White Vinegar
- 1 tbsp Garlic powder
- 1/2 tsp Onion powder
- 1 tsp Chipotle powder
- 1 tbsp fresh Dill or powder
- 1/4 tsp MSG
- 1/4 tsp White Pepper
- 1/2 tsp Himalayan Pink Salt
- 1/2 tsp Guar Gum



UTENSILS

- Food Processor
- Squeeze Bottle
- Label for Squeeze Bottle
- Rubber Spatula
- 1/4 Teaspoon
- 1/2 Teaspoon
- Teaspoon
- Tablespoon
- 1/3 Cup
- Scissors to open Tofu



PREPARATION (Chipotle Plant-Ranch)

- 0) Add ALL ingredients to Food Processor
- 1) Blend until smooth
- 2) If Ranch is too thick: add Whole Living Food Water a little bit at a time
- 3) Transfer to Squeeze Bottle
- 4) Use Rubber Spatula to get out every tasty bite
- 5) Store in refrigerator
- 6) Use liberally on everything 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