

Dr.Claude Martin-Mondiere MD from "The Avocado Affair"

## Matcha and Avocado Vegan Ice Cream

*Before to save lives, we must prevent deadly diseases.*

*Using food wisely to prevent disease was the goal before medicine become efficient from sciences development.*

*The scientific knowledge can now prevent diseases using "functional" food.*



Chinese, and apparently Japanese, Korean women have a low incidence of breast cancer, when Belgian and French women have the highest incidence.

When these women move to the West and consume a western diet, their rates of breast cancer rise sharply.

A correlation has been made between high consumption of soy, very little dairy, and risk of breast cancers.

Recently interest of "Latina" women, US citizen or not, consuming south American, avocados rich diet, were added to the list low risk women face to breast cancer. More studies showing that the main factor is to eat the "good" fats, whatever is the quantity. Mono or polyunsaturated fats (MUFA and PUFA), must be dominant in the diet.

Avocado is the fruit with the highest oleic acid content.

PUFA/Saturated Fats is the key (1).

Saturated fats found in animal products, trans fats in processed food are the main causes recognized today for a significant increase in cancer risk, especially for breast and

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prostate cancers.

Apparently drinking frequently high quality of Macha tea is correlated with the low rate of Breast cancer.

South Asiatic countries developed studies to prevent severe Covid crisis and now we are thinking about variant long and chronic Covid (2)

**Here is my preferred treatment to prevent Breast Cancer and Covid:**

**Avocado Matcha Ice Cream.**

**Don't confuse Matcha powder tea with green tea.**

A cup of Matcha is made by dissolving finely ground tea leaves in warm water.

You are eating the tea leaves, taking in more catechins (antioxidant compounds responsible for benefits like preventing cancer) than you would by steeping tea leaves in boiling water.

1 cup of Matcha equals 10 cups steeped green tea, for nutrients content.

**Avocado Matcha Ice Cream.**

**Ingredients:**

2 ripe medium avocado

1 lime juice

2 springs of mint or basil (optional)

2 teaspoons of ginger syrup, honey or maple syrup (optional)

1 cup of spring water

¼ cup of sugar

1 teaspoon of Agar Agar

2 teaspoons Matcha tea

1 cup of spring water

**Directions:**

In a pan mix sugar with 1 cup of water, heat to get a boil add agar agar, let it boil for 3 minutes, shut off the heat, add the mint, cover, let it infuse and cool few minutes then add the lime juice., and the syrup

During this time, prepare the Matcha tea, boil the water, pour it on the Matcha powder and make the mousse with the bamboo whisk.

In a blender set cubed avocado flesh add the syrup then the Matcha tea.

Blend all and get it in the icemaker device or in the freezer in an airtight glass container.

Enjoy fusion cooking, the first benefit: it is delicious.

You will find more in the book.

Ref: " The Avocado Affair"

(1)Jordan, I., Hebestreit, A., Swai, B., & Krawinkel, M. B. (2013, April). **Dietary patterns and breast cancer risk among women in northern Tanzania: a case-control study.** *European Journal of Nutrition*, 52(3), 905-915.

(2) Wang YQ, Li QS, Zheng XQ, Lu JL, Liang YR **Antiviral Effects of Green Tea EGCG and Its Potential Application against COVID-19** *Molecules*. 2021 Jun 29; 26(13). Epub 2021 Jun 29.