

MANGO AND STICKY RICE BENEFITS HEART AND STOMACH RESLOVES INFLAMMATION



Mango clears Heat, benefits the Stomach, promotes digestion, and nourishes Heart Yin. **Jasmine rice** resolves Damp Heat. **Coconut Cream** is neutral with a slightly cooling nature. **Coconut Sugar** releases slowly and doesn't spike blood sugar in part due to the fiber inulin, which is also linked to an increase in good gut bacteria!

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