

# SIMA

14320 Ventura Blvd # 271  
Sherman Oaks, CA 91423  
T: 818-469-6313  
[info@simacohen.com](mailto:info@simacohen.com)  
[www.simacohen.com](http://www.simacohen.com)  
IG: [@simacohenofficial](https://www.instagram.com/simacohenofficial)

## FOX5 TV x SIMA



Friday, November 17, 2017 at 8:30 AM PST



Sima will be doing a live cooking segment featuring her recipe: *Dreamy Tart* from her book *Sima's Healthy Indulgence* and a Total Body workout segment!

View Sima's Segment here: [https://youtu.be/lbSk0vc\\_9FM](https://youtu.be/lbSk0vc_9FM)



---

# SIMA

14320 Ventura Blvd # 271 Sherman Oaks, CA 91423

T: 818-469-6313 / [info@simacohen.com](mailto:info@simacohen.com)

[www.simacohen.com](http://www.simacohen.com) / IG: [@simacohenofficial](https://www.instagram.com/simacohenofficial)

## **Chocolate Dreamy**



### **Tart Recipe**

#### **Ingredients**

##### *Crust*

- 2 cups mixed pecans and walnuts
- 1 cup pitted Medjool dates, chopped

- 2 tablespoons coconut oil
- 1 teaspoon maca powder
- 2 teaspoons cinnamon

##### *Chocolate Filling*

- 2 cups raw cashew pieces
- 1 tablespoon vanilla extract
- 1/2 cup coconut oil, melted
- 1/4 cup cacao butter
- 1/3 cup maple syrup
- 8 tablespoons pomegranate juice
- 3/4 cup raw cacao powder

#### **Method**

Pulse all crust ingredients in a high-speed blender until the crust is combined and looks like a paste. Remove from blender, mix with your hands for 2 more minutes, and press into a springform (8-inch) pan into an even layer all around. Place in refrigerator or freezer to set. Next, take all the ingredients for the filling and place in high-speed blender and combine thoroughly. Remove crust from refrigerator and pour

chocolate filling on top. Place in freezer until tart sets. Garnish with pomegranate arils and serve.



### **Total Body Workout**

#### **Segment**

Repeat 2 sets x 15 reps each

- 1) Squat kick
- 2) Squat and punch
- 3) Bicep curls into Tricep kickbacks
- 4) Run in place
- 5) Deadlifts
- 6) Jumping jacks
- 7) Chest press into rowing machine
- 8) Squat and upper cut punches
- 9) Downward facing dog into knee to opposite elbow
- 10) Mountain climbers

---

# SIMA

14320 Ventura Blvd # 271 Sherman Oaks, CA 91423

T: 818-469-6313 / [info@simacohen.com](mailto:info@simacohen.com)  
[www.simacohen.com](http://www.simacohen.com) / IG: [@simacohenofficial](https://www.instagram.com/simacohenofficial)



**SIMA** is a celebrity trainer, nutritionist, wellness expert, and life coach with more than twenty years' experience. In her life journey she learned the important elements that govern and influence health and happiness. She perfected her method to help people from all walks of life discover these elements which pave the way for achieving sustainable health and happiness in life: Self, Sweat and Substance. Her expertise in nutrition (substance) and fitness (sweat) has helped thousands of overweight individuals achieve ideal weight – the culinary part of that work resulted in the creation of this book. Sima resides in Los Angeles, California, with her daughter Kayla.

**For media related inquiries contact:**

David at [david@simacohen.com](mailto:david@simacohen.com)  
Sheri Goldberg at [sherig4pr@aol.com](mailto:sherig4pr@aol.com)

---

**SIMA**

14320 Ventura Blvd # 271 Sherman Oaks, CA 91423  
T: 818-469-6313 / [info@simacohen.com](mailto:info@simacohen.com)  
[www.simacohen.com](http://www.simacohen.com) / IG: [@simacohenofficial](https://www.instagram.com/simacohenofficial)