

Recipe courtesy of Susan Powers

www.Rawmazing.com

www.RawmazingDesserts.com

www.SusanPowersPhotography.com

Minneapolis Farmers Market, Sunday Cooks, 10-3-10

www.mplsfarmersmarket.com

INGREDIENTS:

1 cup Almonds, chopped fine in food processor

1 1/2 cup Almond Flour

1/3 cup Coconut Oil, softened

1/2 cup Agave Nectar

1 cup Dried Coconut, unsweetened

2 teaspoons Almond Extract

1 cup Dried Cherries, chopped

INSTRUCTIONS:

1. Mix all ingredients together.
2. Form into long loaf, 1/2-inch thick.
3. Dehydrate at 140 for 30 minutes, then at 116 degrees for 3 hours.
4. Cut into slices and dehydrate until very dry, 4-6 more hours.

Biography:

Susan Powers, author of the recently published, “Rawmazing Desserts” and creator of one of the most popular raw food blogs on the internet, Rawmazing.com is revolutionizing the world of raw food cookery with her inventive and delicious recipes and beautiful food styling and photography.

Bringing traditional food preparation methods into the raw world, and balancing, flavor, color, texture and mouth feel, Susan is introducing us to a whole new raw.

Rawmazing.com currently gets over 150,000 page views a month and has a dedicated, loyal and growing following. Rawmazing Desserts is one of the hottest new raw food dessert books, filled with delicious desserts that are gourmet, easy, vegan, gluten free and raw. Aimed at mainstream, Susan believes that if people are given healthy delicious alternatives that they can easily make at home, changing their eating habits and improving their health will become second nature.