

## About the next workshop...

### WHAT:

The workshop on raw foods will explore tasty treats made with healthy, local ingredients.

### WHERE:

The location will be at the farmer's market pavilion.

### WHEN:

9 AM on Friday, August 10th

### WHY:

Inform the public about the many alternatives available; build a community of learners that can grow and share together.

### HOW:

Blended ingredients will produce healthy milkshakes and snack foods that provide essential vitamins and minerals and probiotics without the unhealthy fats and processing ingredients that harm our bodies.



## Do you have any questions about today's workshop??

### Blog website link:

[realfoodrecipes4all.blogspot.com](http://realfoodrecipes4all.blogspot.com)

### Workshop presenter information:

Email: [davis.kenisha@gmail.com](mailto:davis.kenisha@gmail.com)

### Workshop pictures. You could be famous!

Howard County Farmers' Market Facebook Page  
(Don't forget to LIKE us!)

## Farmers' Market Schedule Tuesday and Friday from 7AM to SOLD OUT

For more information about the Howard County Farmers' Market and how to become a market vendor, contact Market Managers:

**Debra Bolding**  
(870) 557-2352

**Glenda Rice**  
(870) 845-8859

# Howard County Farmers' Market



## Healthy Food Alternatives Workshop

Nashville Chamber of Commerce  
107 South Main  
Nashville, AR 71852  
870-845-1262

# No-Bake Brownies

These raw brownies are simple and save money on your electric bill! This recipe yields about 10 brownies.

## Ingredients:

For the brownies:

- 1 c. pecans
- 1 c. dates (soaked if necessary)
- 1/3 c. unsweetened cocoa powder

For the frosting (optional):

- 1/4 c. maple syrup
- 1/8 c. unsweetened cocoa powder
- 1 Tb. vanilla extract
- pinch of salt
- dash of cinnamon

## Directions:

Put the pecans, dates and cocoa powder in a food processor. Pulse to combine, then blend until the mix looks like crumbly pebbles.

To add frosting blend those ingredients well and top brownie after it has been placed in a dish.



The original recipe comes from this website [realfoodrecipes4all.blogspot.com](http://realfoodrecipes4all.blogspot.com)



# Sweet Potato Fries

This healthy alternative to French fries is packed with a rich source of dietary fiber and antioxidants. Sweet potatoes also contain essential vitamins and minerals that our bodies thrive on.

## Ingredients:

- 2 sweet potatoes
- 1/4 cup extra virgin olive oil/grapeseed oil
- 1 rosemary sprig

## Directions:

1. Preheat the oven to 425°F.
2. Remove small leaves of rosemary from the stem. Combine rosemary with olive oil in a large bowl.
3. Cut the sweet potatoes into 1/2 inch strips (or desired size).
4. Drop the sweet potatoes into the bowl of rosemary and oil and mix with your hands.
5. Place the coated fries on a baking sheet and bake for 30-35 minutes or until the fries are slightly browned.
6. Add salt to taste. Enjoy.

# Foods to Eat with Caution



High Fructose  
Corn Syrup



Calcium Disodium EDTA,  
Sodium Benzoate,  
Polysorbate 80



Aspartame, acesulfame-K



tert-Butylhydroquinone



Monosodium Glutamate,  
Disodium Inosinate,  
Disodium Guanylate,

