

Kitchen Creations

with the Crazy Cracker Lady

Sunday, Sept. 15 • 3-5 pm • 2141 Broadway, Oakland

Do you want to save time in the kitchen and learn some about the art of raw and living foods? Abeba the Crazy Cracker Lady will show you how! Abeba has perfected the art of preparing just one simple recipe and turning it into 3-5 different dishes. Magic! (And of course the dish will always end one of her crazy cracker creations.)



You will be amazed and excited to see the variety of creations you can make with just one recipe:

- A meal
 - A snack
 - An appetizer
 - A gourmet dish
 - And of course a crazy cracker
- ... all at the same time!!

You'll also learn trade secrets from Abeba that will increase your knowledge of creating truly successful crazy raw crackers.

You won't want to miss this informative, fun-filled, lip-smackin' Crazy Cracker Lady demo.

Cost: \$23.

To register:

[Visit the East Bay Raw Food Meetup Group](#)

Or email Stacy Waters: stacy@RawFoodForTheRestOfUs.com

About Abeba the Crazy Cracker Lady

Abeba is a certified raw food chef, teacher, and motivational speaker. Her teaching methods are fun, humorous, and filled with wisdom. Leola Brooks, director of the Ann Wigmore Institute, was so impressed with Abeba's teaching skills that she was invited to give as a teacher and receive as a student at the Ann Wigmore institute.

One of her most treasured achievements has been writing her international best-selling book, *Absolutely Abeba's Crazy Crackers: Learning the Secret to a Good Cracker*. It has become a staple in both the raw and cooked food communities. She contributed eight of her most requested recipes to the best selling book *The Complete Book of Raw Food*, which features over 50 raw food chefs from around the world. She was featured in the Bay Area's Oakland Magazine discussing the raw food lifestyle and, of course, her Crazy Crackers.