

# [PDF] Everyday Raw Express: Recipes In 30 Minutes Or Less

**Matthew Kenney - pdf download free book**

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**Books Details:**

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Author: Matthew Kenney  
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**Description:**

**From the Inside Flap**

IF YOU LOVE the philosophy behind and benefits of eating raw, but need something great to eat in a hurry, the answer is here. Everyday Raw Express gives great, simple, tasty, healthful recipes-fast! In 30 minutes or less. While raw food has captured our imaginations with its growing presence in upscale restaurants and through its beautiful, colorful imagery in cookbooks, many recipes by raw

food chefs are admittedly complicated or time-consuming to make. Even many of the simpler variations still require long periods of dehydrating time and, occasionally, ingredients that are difficult to find and work with. There's no denying the effort to make these dishes is well worth the wait, but many times you need something great to eat-now.

Enter Everyday Raw Express, bursting with recipes for full-flavored, original, and vibrant raw dishes. Each recipe is made with local, seasonal ingredients to achieve the healthiest food possible.

Try elixirs such as Lemongrass Pear Tonic or Red Beet Sangria. Savor pastas like Zucchini Noodles with Sweet Corn Pesto and Mint or entrées like Spring Vegetable Couscous with Fava Beans. The book includes delicious smoothies and salads and an entire chapter dedicated to condiments. Finish off your meal with a decadent dessert such as Banana Gelato or Spiced Pineapple with Rose Water and Pistachios.

Accessible, practical, and richly flavored, these raw food recipes utilize fresh ingredients at their peak in intense combinations. Explore your local stores, farmers markets, and artisanal products to make the freshest, healthiest food available.

Embracing the plant-based lifestyle of raw food is easier and less time-consuming than ever with Everyday Raw Express.

### **From the Back Cover**

Matthew Kenney is a chef, restaurateur, caterer, and food writer. He has appeared on the Today Show, the Food Network, and numerous morning and talk shows. He has been nominated for the James Beard Rising Star Award. Matthew has been the chef and partner of numerous successful restaurants, including Matthew's, Canteen, Commune, Mezze, and The Plant.

Matthew's passion for raw food has taken him into new realms of creativity, flavor, and healthy living. He is the author of several cookbooks, including Everyday Raw and Everyday Raw Desserts.

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