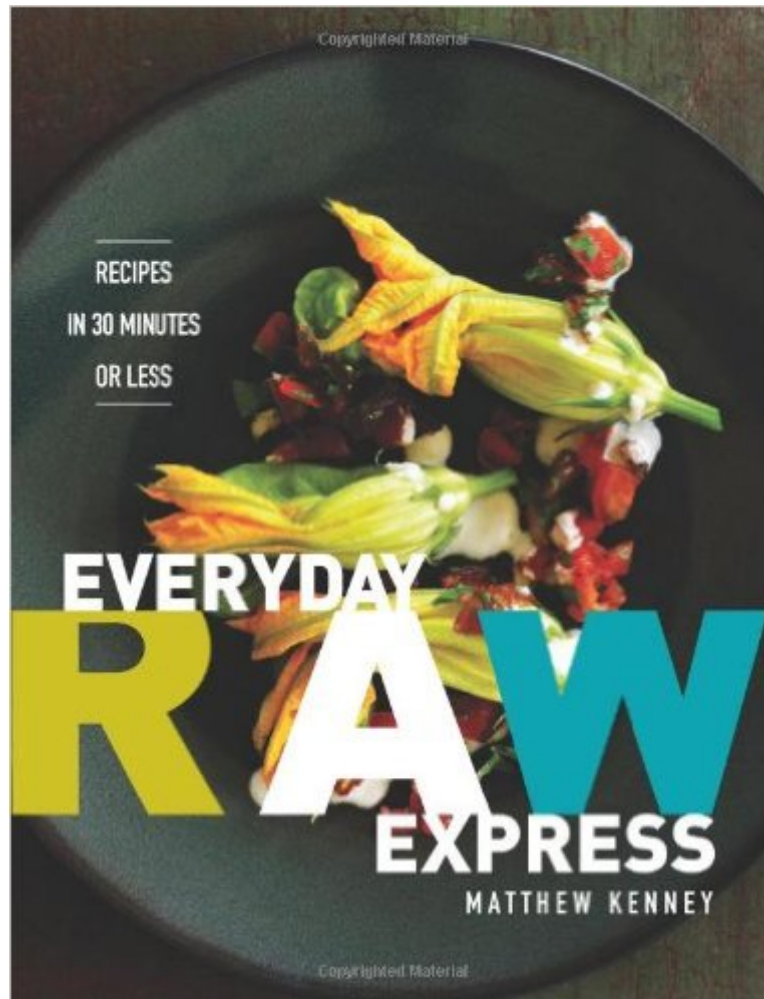


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# Everyday Raw Express: Recipes In 30 Minutes Or Less



## Synopsis

Many people love the philosophy behind and benefits of eating raw, but often the recipes take hours or even a period of several days to prepare. Everyday Raw Express offers delicious soups and smoothies, pastas and wraps, entrees and desserts all prepared in 30 minutes or less.

## Book Information

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## Customer Reviews

I did like this Raw Food Express, and most of the dishes can be prepared relatively quickly, but quite a few of them do require you to have made up some of the ingredients yesterday or the day before (does this count as express?) Still, this book has enough interesting recipes for me to keep it on my shelf and refer back to it from time to time. Everyday Raw Express: Recipes in 30 Minutes or Less

I just bought the Kindle version of this book and love it! The first recipe I tried was the "Spaghetti" with "Meatballs". I bought a spiral slicer to make the spaghetti with. Also the recipe for the marinara sauce is fantastic!! My Meat loving boyfriend was amazed at how good the zucchini noodles were and actually went back for seconds!! I am so excited to try more recipes from this book and eat healthier in 2012!!

I agree with the other reviewer who says, "I've made a decent amount of recipes from this book and I feel like I'm able to write a good review now for this book. What I like about it is how quick and

easy the recipes are. Makes going raw that much easier. I also like the variety of recipes- smoothies, drinks, soups, starters, mains etc. Unfortunately, after making seven odd recipes, there are only a few I thought were absolutely delicious and would make again. Well, I've made more than 7 myself and I have liked a few of them quite a bit, but some are really not good, I second the cream of miso Shiitake as not good, raw shiitake are just rubber! I wish everything I tried was at least tasty but maybe not to my taste, but some were just bad. I do think that the book is well laid out, recipes are clear and the equipment needed is not as intense as some raw books. This would be a good book to have once you know what raw tastes you like and can gauge say what raw shiitake's would taste like. My favorite raw cookbook is, Going Raw by Judita Wignall, everything I've made in that one has been great.

I've been familiar with Matthew Kenney's raw food since dining at Pure Food and Wine six years ago. When I bought the PF&W cookbook I was floored at the amount of lead/prep time and never bothered to recreate that lasagna which still haunts my dreams. I was thrilled to see Mister Kenney release Everyday Raw; but was still too intimidated to give any of the recipes a shot (dehydrators, food processors and soaking: oh my!) Enter Everyday Raw Express. Finally, great tasting (and healthy) Raw food a la Kenney that is a snap to prepare. The Spaghetti & Meatballs were amazing. I reduced the amount of tahini in the recipe since tahini overpowers most elements it is mixed with and the results were stunning. Mom and I loved it. Can't wait to make this again. I now have the confidence to move forward in preparing raw food and look forward to preparing more recipes in this book and Everyday Raw. Thanks, Matthew & co. for helping me get on track with raw food. Hope to see more another Everyday Raw Express-like title in the future.

All of Matthew Kenney's "Raw Food" books are filled with delicious recipes and eye-candy photos!!! Some of his other books have more complex recipes, which are so worth the time to make, and this one is even better for us because the recipes are quick and easy. If we are in need of taking a beautiful raw food dish somewhere, I reach for his books, and it never fails, the final dish is always beautiful and delicious. I agree, we eat with our eyes first :) Thanks for a book with a 30 minutes or less option! wrapped this book well, it arrived undented. I appreciate books being send with cardboard and plastic wrap to keep them from being scuffed and dented. I want a new book to look new when we get it. Thank you .

I've made a decent amount of recipes from this book and I feel like I'm able to write a good review

now for this book. What I like about it is how quick and easy the recipes are. Makes going raw that much easier. I also like the variety of recipes- smoothies, drinks, soups, starters, mains etc. Unfortunately, after making seven odd recipes, there are only a few I thought were absolutely delicious and would make again. Here's a rundown on the recipes I've made. Cream of miso with shiitake mushrooms. Really don't like this one. The base of the soup is good but I don't like shiitake mushrooms raw. They taste better cooked in my opinion. Zucchini with sweet corn pesto. This was nice. I enjoyed the flavors and textures in this one. Spaghetti and meatballs. Spaghetti was good. I messed up the recipe for the meatballs so I don't know how they tasted. Squash blossoms tamales with sweet pea puree. I didn't like this one. I'm not sure what I did wrong but the tamale part was just mushy. No bueno. Spring vegetable couscous. Made but haven't tried yet. Portobello steak with wilted spinach. As long as you put a lot of marinade on this one, I like it. Chocolate hemp milk custard. Fabulous! I love love love this recipe! It's genius and tastes great. I think my palate is a stickler for texture more than anything. For the mushroom recipes, I may pressure cook the mushrooms and add them to the recipes. Overall, some great recipes, some misses in my book.

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