

Everyday Raw Express

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Everyday Raw Express

Everyday Raw Express offers delicious soups and smoothies, pastas and wraps, entrees and desserts all prepared in 30 minutes or less. 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.

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Author of the best-selling Raw Food Real World, Everyday Raw, Everyday Raw Express, Raw Chocolate and other titles focused on the raw food lifestyle and owner of the Matthew Kenney Academy, Matthew is the foremost authority today on the raw lifestyle.

Everyday Raw Express

Raw Express is perfect for raw foodies (or even generally healthy eaters) who want to: eat delicious raw food that tastes just a

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little more fancy than the fruit bowl. make raw recipes that only require 30 minutes in the kitchen. Kid - Friendly Too

Everyday Raw Express - My Favourite Raw Food Recipe Book

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Combine 1 1/2 cups water, cashews, and sun-dried tomatoes in a small bowl and set aside to soak for 2 hours. Drain off soaking water and discard. Transfer cashews mixture to a food processor fitted with an S blade. Add remaining 1/3 cup water, tahini, lemon juice, liquid aminos, garlic powder, and paprika.

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