

Everyday Raw Express

Meredith Baird

Everyday Raw Express Matthew Kenney, 2011-08-01 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. 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. Matthew splits his time between New York and Maine. Raw food in 30 minutes or less!

Everyday Raw Gourmet Matthew Kenney, 2013 Raw cuisine in true gourmet fashion ... Chef Matthew Kenney takes the raw food lifestyle to exquisite heights in *Everyday Raw Gourmet*. He combines his love of art and philosophy with food to bring you recipes for outstanding raw food dishes in this revised edition of *Entertaining in the Raw*. The recipes span many ethnicities; including Asian, Latin, French, and Indian, and feature appetizers, tapas, main dishes, breads, sauces, and decadent desserts. Kenney's focus is on fresh fruits and vegetables, organic, and buying food locally and in season. Matthew Kenney is a chef, restaurateur, caterer, and food writer. He has been nominated for the James Beard Rising Star Award and has appeared on the Today Show, Food Network, and numerous other morning and talk shows. He is also the author of a number of cookbooks, including *Everyday Raw*, *Everyday Raw Desserts*, *Everyday Raw Express*, and *Raw Chocolate*. Matthew splits his time between New York and Maine.

Everyday Raw Detox Meredith Baird, 2013-03-01 Everyday offerings for a healthier diet and lifestyle. Finding pleasurable ways to incorporate healthy food into your diet is what this book is all about. Every offering provides a level of detox—whether you want to cleanse for a day, a week, or just simply exchange one meal—with tasty raw, vegan drinks and dishes. There are recipes for blended fruit or vegetable tonics, appetizers, soups, salads, and main dishes along with a special section of skin and body tonics. It includes 100 recipes.

Raw Chocolate Matthew Kenney, Meredith Baird, 2012 Now you can enjoy one of the great tastes and textures in raw--raw chocolate. Raw chocolate can be made without a lot of fuss and with great results. This book features truffles, fudge, buttercups, fruit, smoothies, bonbons, and more. With cacao beans and health-promoting ingredients like goji berries and maca, raw chocolate is even healthy for you! 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. Matthew splits his time between New York and Maine. Meredith Baird has been an integral part of the Matthew Kenney team since 2008. She assisted in writing and developing recipes for *Everyday Raw Desserts* and *Everyday Raw Express*, as well as helping with the Matthew Kenney Restaurant and Academy. She lives in New York. No-fuss healthy options for the world's sweet tooth

Everyday Raw Desserts Matthew Kenney, 2010-09-01 *Everyday Raw Desserts* combines Matthew Kenney's fresh recipes and sense of style to create fabulous all-raw desserts. Matthew is well known and respected in the raw food world. The book includes an abundance of recipes not typically expected to be raw, from cakes, pies, puddings, and flans to brownies, candy, cookies, and ice cream. Forty breathtaking photos and more than seventy-five recipes will make a sweet splash on the raw food scene.

Everyday Raw Matthew Kenney, 2008 *Everyday Raw* is an exciting new cookbook that will introduce the benefits and pleasure of eating healthful food that is organic, fresh and good for you! Preparing and eating raw food does not mean bland, whether it is a smoothie, a salad, or a mid-morning snack, you will love the tantalizing and delicious recipes included here. Filled with luscious photography, Chef Matthew Kenney has been preparing raw food for years and offers up a variety of delectable recipes including-Chocolate-Cherry Smoothie, Red-Chile Pineapple Dipping Sauce, Sesame Cashew Dumplings, Portobello Fajitas, and a Lemon Macaroon Cheesecake Tartlet that will leave you wondering why you haven't started eating raw food sooner! Update! Ice Cream Cone recipe directions (pg 134): Blend all ingredients in Vita-Mix until smooth. Spread thinly into 5 to 6-inch rounds

on dehydrator Teflex sheets. Dehydrate 5 or 6 hours until dry but very pliable. Remove from Teflex sheets and shape each round into cones; press edges together. If needed, use paper clips to secure the edges. Place cones on dehydrator screens and dehydrate for 24 more hours until crisp.

Plant Food Matthew Kenney, Meredith Baird, Scott Winegard, 2014 The Matthew Kenney team, always on the forefront of culinary innovation, offers up their latest techniques and approaches to raw food dining. This cookbook guides you to prepare raw foods in a contemporary, artistic manner utilizing the best ingredients.

Sweetly Raw Desserts Heather Pace, 2015 Sweetly Raw Desserts will show you everything you need to know about making the most delicious and nutritious raw food desserts. Techniques such as soaking nuts, using a mandoline, juicing fruits, and making nut milk are included to help you become as familiar as possible with the ingredients and equipment you will be using.--

Great Chefs Cook Vegan (pb) Linda Long, 2011-08 The finest vegan recipes from the top chefs. Great Chefs Cook Vegan includes recipes from 25 of today's greatest chefs. Each chef section includes a three or four-course vegan meal, complete with mouth-watering photographs of each recipe and much more. Features meals from the following: Charlie Trotter • Alex Stratta • Anne Quatrano • Cat Cora • Daniel Boulud • David Burke • Gabriel Kreuther • Dan Barber • Eric Ripert • Erik Blauberg • Josef Huber • Jose Andres • Marcus Samuelsson • Matthew Kenney • Michel Nischan • Suzanne Goin • Todd English • Floyd Cardoz • Jason Cunningham • Jean-Georges Vongerichten • John Besh • Bradford Thompson • Phil Evans • Terrance Brennan • Thomas Keller

100 Soups for \$5 Or Less (Large Print 16pt) Meredith Baird, Gayle Pierce, 2013-02-21 Soup is a deliciously easy way to provide for a neighborhood potluck or a comfortable night at home with the family. 100 Soups for 5 dollar or Less includes recipes for Armchair Quarterback Chili, Stir - Fry Noodle Soup, and many more. Each recipe is prepared for 5 dollar or less!

Living Raw Food Sarma Melngailis, 2009-06-22 The coauthor of the bestselling Raw Food/Real World offers 100 more delectable recipes from New York's premier raw restaurant Picking up where Raw Food/Real World left off, Sarma Melngailis invites us inside New York's top raw eatery, Pure Food and Wine, with 100 new recipes for delectable and healthful juices, shakes, soups, appetizers, main courses, cocktails, and desserts. The ultimate in healthful eating, Living Raw Food offers delicious fare for all seasons and occasions, and all levels of culinary skill, from Cucumber-Mint Gazpacho Soup to Mexican Chocolate Brownies with Sweet Tamale, Hibiscus Cream, and Avocado Gelato. In addition to her innovative recipes, Melngailis shows home cooks how to prepare simple raw food for the entire family and gives a wealth of material on life-giving foods. Filled with sensual, sexy, and energizing food—and featuring dozens of gorgeous photos—Living Raw Food is sure to enrich the life of every reader, whether a carnivorous epicure or a raw-foods junkie.

Becoming Raw: The Essential Guide to Raw Vegan Diets Brenda Davis, Vesanto Melina, 2011-08-25 The authors offer science-based answers to tough questions about raw foods and raw diets, furnish nutrition guidelines and practical information, and show how to construct a raw diet that meets recommended nutrient intakes simply and easily.

The Good Karma Diet Victoria Moran, 2015-05-19 Many popular diets call for avoiding some foods or eating others exclusively. But as The Good Karma Diet reveals, the secret to looking and feeling great is actually quite simple: Treat our planet and all its inhabitants well. In this revolutionary book, bestselling author Victoria Moran reveals that by doing what's best for all creatures and the planet, you align your eating with your ethics—a powerful health and wellness tool if there ever was one! The Good Karma Diet shows readers how favoring foods that are karmically good for you will help you: - Sustain energy - Extend youthfulness - Take off those stubborn extra pounds - Reflect an enlightened outlook This book also includes the inspiring stories of men and women across the country who have made this simple mealtime shift and reaped “good karma” in every aspect of their

lives. Follow this wise diet and lifestyle program and you will find yourself waking up in a good mood more often and having a luminous look that bespeaks health and clean living.

The Good Karma Diet Deluxe Victoria Moran, 2015-05-19 This Deluxe eBook edition of The Good Karma Diet includes 25 minutes of exclusive video of author Victoria Moran giving readers wise instruction on how to make healthy and ethical food and lifestyle choices. Moran also sits down with inspiring vegans Sarah Gross, Joshua Katcher, and Leanne Mai-ly Hilgart to discuss how they have implemented the “good karma” lifestyle. Many popular diets call for avoiding some foods or eating others exclusively. But as The Good Karma Diet reveals, the secret to looking and feeling great is actually quite simple: Treat our planet and all its inhabitants well. In this revolutionary book, bestselling author Victoria Moran reveals that by doing what’s best for all creatures and the planet, you align your eating with your ethics—a powerful health and wellness tool if there ever was one! The Good Karma Diet shows readers how favoring foods that are karmically good for you will help you: - Sustain energy - Extend youthfulness - Take off those stubborn extra pounds - Reflect an enlightened outlook This book also includes the inspiring stories of men and women across the country who have made this simple mealtime shift and reaped “good karma” in every aspect of their lives. Follow this wise diet and lifestyle program and you will find yourself waking up in a good mood more often and having a luminous look that bespeaks health and clean living.

Raw Food/Real World Matthew Kenney, Sarma Melngailis, 2010-09-28 An edgy, sexy, and practical guide to making and presenting raw meals that entice and satisfy any type of diet In this lushly illustrated book, chef Matthew Kenney and Sarma Melngailis will show readers that raw food does not mean bland, unsatisfying meals. By teaching new skills such as dehydrating, Vita-Mix blending, and a nuanced understanding of spices, this book will explore a whole new outlook on dining that transfers beautifully and easily from their acclaimed kitchen to yours. They also address the positives of eating raw food, and how you can benefit from them even if you don’t plan to keep strictly to raw food, and they take us to meet some of the zany characters from the raw food universe. A more practical version of Raw, with the sexier feeling of Marco Pierre White’s White Heat, Raw Food Real World is destined to become a top-shelf cookbook classic for lovers of colorful, flavorful, inventive, and healthy food.

Raw Blue Kirsty Eagar, 2009-06-29 Award-winning novel by Kirsty Eagar, author of Saltwater Vampires and Night Beach. Raw Blue was awarded the 2010 Victorian Premier's Literary Awards Young Adult Fiction prize. Readers of Tim Winton's Breath will be drawn to Raw Blue, an achingly beautiful young adult novel set in Sydney's northern beaches. Winner of the 2010 Victorian Premier's Literary Awards, it is a haunting story about finding your passion in life. Carly has dropped out of uni to spend her days surfing and her nights working as a cook in a Manly cafe. Surfing is the one thing she loves doing ... and the only thing that helps her stop thinking about what happened two years ago. Then she meets Ryan and Carly has to decide. Will she let the past bury her? Or can she let go of her anger and shame, and find the courage to be happy? Check out Kirsty Eagar's website at www.kirstyeagar.com, and read her blog to find out about her thoughts on books, writing, music, surfing, and finding inspiration, or visit betweenthelines.com.au - the destination for Young Adult books. Praise for Raw Blue: 'Kirsty Eagar's fearless Raw Blue, a story of regeneration set on Sydney's northern beaches, is much more than just a promising debut: this one delivers.' Australian Book Review Best Books of 2009: Critics' Choices 'Kirsty Eagar's first novel explores dark territory with skill and sensitivity.' The Age 'An emotionally rich and powerful first novel.' Canberra Times 'If you only read one book this year ... it should be Kirsty Eagar's Raw Blue one of those kept-me-up-all-night novels that stays in your bones and sings in your ears long after you've finished it. It wouldn't be out of place next to Tim Winton's Breath, except this is the ocean as healer, not as an object to be conquered, or the site of self-destruction, of risk. The images crackle, the lines are full of the poetry of observation, the story is searing, gutting, beautiful. This should be compulsory reading for all teenagers especially boys.' julialawrinson.livejournal.com 'This is a psychologically intense novel that involves even non-surfing readers in the release Carly feels when conquering the waves we empathise with her in

the long battle between desire and fear on the path to self-acceptance.' Magpies 'I read this book feverishly, desperate for a happy ending, and afterwards found it difficult to get Carly and the men who ride into her life out of my mind.' Newcastle Herald '[a] very moving book It's dark subject matter, but Eagar makes it uplifting.' Sunday Territorian 'A memorable first book by a writer who gives an honest approach to what young adults face growing up and growing wiser.' Woman's Day Read of the Week

Growl Kim Stallwood, 2014-05-14 For four decades, Kim Stallwood has had a front seat in the animal rights movement, starting at the grassroots in England and working his way up to leadership positions at some of the best-known organizations in the world, including Compassion In World Farming, the British Union for the Abolition of Vivisection, and People for the Ethical Treatment of Animals. Yet, as Stallwood reveals in this memoir of an eventful life dedicated to social justice for the voiceless, finding the truest path for progress has meant learning a lot along the way. Equal parts personal narrative, social history, and impassioned call for rethinking animal advocacy, *Growl* describes Stallwood's journey from a meat-eating slaughterhouse worker to a vegan activist for all species. He explains the importance of four key values in animal rights philosophy and practice—compassion, truth, nonviolence, and justice—and how a deeper understanding of their role not only leads us to discover our humanity for animals, but also for ourselves.

Cooked Raw Matthew Kenney, 2015-01-13 "A tantalizing must-read for raw foods enthusiasts as well as chefs, restaurateurs, lovers of memoirs and biographies, and of course fans of Kenney's." —Raw Foods News Magazine An expansive, entertaining memoir that tells the story of how Matthew Kenney transitioned from a mainstream celebrity chef in New York, to a pioneer of plant-based cuisine, and his mission to change the way the world eats and thinks about food. *Cooked Raw* highlights a journey of courage, persistence, risk, the reward of following one's passion, and the future of food for the 21st century. "Kenney has provided a window into celebrity chefs, the costs, the competition, and the struggles to stay true to their own lives." —San Francisco Book Review Praise for Matthew Kenney "Everyone thought the raw diet was a fad soon to pass, but it's alive and well. [Kenney] is a virtuoso when it comes to raw and living cuisine." —Huffington Post "In 2004 Matthew Kenney and his then girlfriend, Sarma Melngailis, opened Pure Food and Wine, the restaurant that, perhaps for the first time in New York City's illustrious dining history, made health food sexy." —Vogue "A founding father of the American raw food scene." —Well + Good "Kenney has created a movement that aims to be as inclusive, accessible, and educational as possible." —LA Canvas

Your Right to Be Beautiful Tonya Zavasta, 2003

Born a Crime Trevor Noah, 2016-11-15 #1 NEW YORK TIMES BESTSELLER • More than one million copies sold! A "brilliant" (Lupita Nyong'o, Time), "poignant" (Entertainment Weekly), "soul-nourishing" (USA Today) memoir about coming of age during the twilight of apartheid "Noah's childhood stories are told with all the hilarity and intellect that characterizes his comedy, while illuminating a dark and brutal period in South Africa's history that must never be forgotten." —Esquire Winner of the Thurber Prize for American Humor and an NAACP Image Award • Named one of the best books of the year by The New York Times, USA Today, San Francisco Chronicle, NPR, Esquire, Newsday, and Booklist Trevor Noah's unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa's tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle. *Born a Crime* is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is

also the story of that young man's relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother's unconventional, unconditional love.

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Everyday Raw Express Introduction

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