



Everyday Raw Express

Matthew Kenney

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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!

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