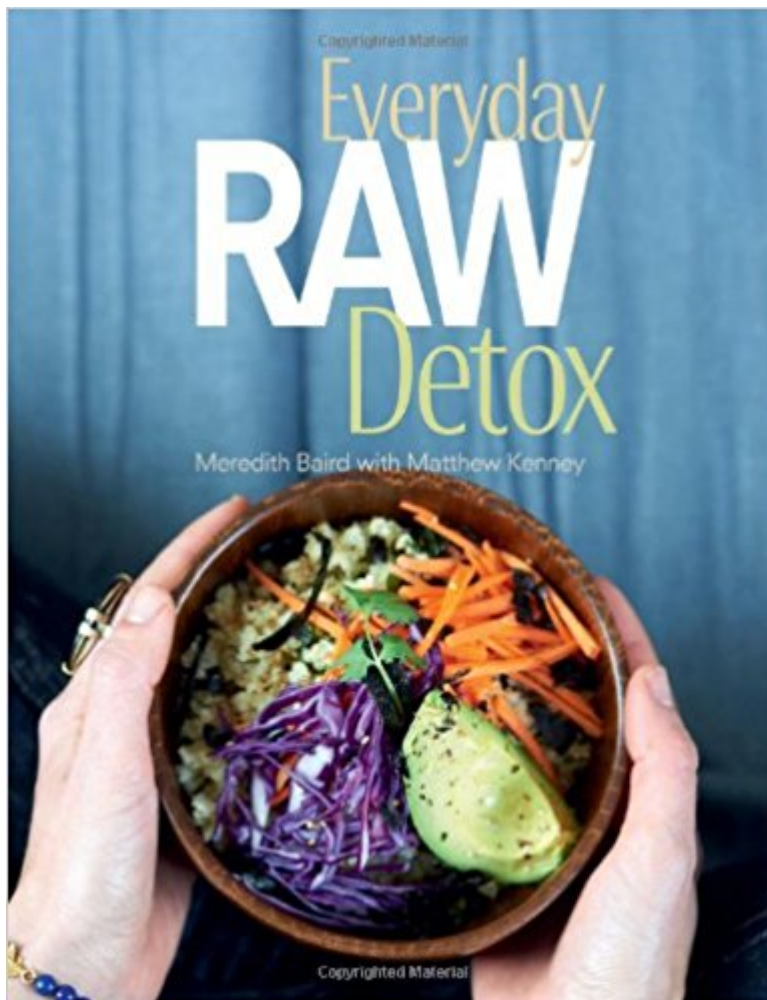




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# Everyday Raw Detox



## Synopsis

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 detoxâ• whether you want to cleanse for a day, a week, or just simply exchange one mealâ• 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.

Meredith Baird assisted in writing and developing recipes for three previous cookbooks with Matthew Kenney: *Raw Chocolate*, *Everyday Raw Desserts*, and *Everyday Raw Express*. She has been an integral part of the Matthew Kenney team since 2008, as well as helping with the Matthew Kenney Restaurant and Academy. She lives in Maine. 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.

## Book Information

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## Customer Reviews

*Everyday Raw Detox* By Meredith Baird with Matthew Kenney Photographs by Adrian Mueller  
Finding pleasurable ways to incorporate healthy food into your diet is what this cookbook is all about. Every offering provides a level of detoxâ• whether you want to cleanse for a day, a week, or just simply exchange one mealâ• with tasty raw, vegan drinks and dishes. There are 100 recipes for blended fruit or vegetable tonics, appetizers, soups, salads, and main dishes along with a special section of skin and body tonics. *Everyday Raw Detox* is an inspiring guide for designing your own detox to fit your needs and lifestyle. The suggestions, insight, and recipes all can lead to a vibrant,

energetic, and more radiant you! 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, Everyday Raw Express, and Raw Chocolate as well as helping with the Matthew Kenney Restaurant and Academy. She lives in New York. 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 is also the author of a number of cookbooks including Everyday Raw, Everyday Raw Desserts, Everyday Raw Express, Entertaining in the Raw, and Raw Chocolate. Matthew splits his time between New York and Maine. Adrian Mueller grew up in Lucerne, Switzerland, and currently resides in New York with his wife and son. As a photographer, his aim is to create images that connect with a viewer's personal memories, to ensure an emotional and lasting impression. Jessica Acs is a researcher and creative director residing in Toronto, Canada. Passionate about natural foods, nutrition, and wellness, she believes the practice of a mindful lifestyle is first expressed through our everyday food choices.

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. In 1994 Food and Wine included him as one of their Ten Best New Chefs of the Year. He's been featured on the Today Show, The Food Network, and a variety of other morning talk shows. Matthew was nominated for the James Beard Rising Star Award. He lives in New York City.

Visually, the book itself is very calming, like stepping into a spa. The recipes are printed in a nicely sized font with generous margins, so they are very easy to read. The photographs are beautifully styled with plenty of white to keep the look bright and clean. If you are a visual person, you will appreciate this book. The recipes are simple, very much like spa cuisine, and thus also very accessible. Many similar books use plenty of exotic ingredients you might have to go to a specialty grocery store or even online to buy, but I found I had almost all of the ingredients (except for the various seaweeds) at home already. The ingredient lists are surprisingly short, and the instructions are refreshingly simple. Unlike other raw books, none of these recipes calls for a dehydrator; however, you will need a blender (preferably high-speed like a Vitamix), a juicer, and, for a few recipes, a food processor. A whopping 64 pages are devoted to liquid recipes (juices, smoothies, and brewed drinks like teas and kefir) and only 55 pages to solid foods like salads, soups, and porridges. At the end there are 4 pages devoted to natural, simple "skin and body tonics" such as

scrubs and masks. That's a nice bonus. I think this book is good for someone looking for simple, fresh recipes that don't require a lot of specialty ingredients or a lot of time. It would be an excellent intro into a high-raw, clean, vegan diet. You really could create your own personal spa menu with the recipes in here. If you are looking for really complex, exciting new recipes to add to your raw food repertoire, this book is probably not for you. Likewise, if you are looking for an all-raw recipe book, this is also not for you, as there are plenty of recipes with cooked grains like quinoa and millet. Finally, if you like some garlic, onion, or shallots in your meals, you'll miss those too, as the authors subscribe to the belief that members of the allium family are too stimulating (rajasic). Notably missing from this book are soaking times for nuts and an in-depth exploration of raw philosophy as you might find in other raw books. There is a list of basic, holistic, and practical detox "commandments," but there is not a lot of background information on raw foods, their benefits, or even what raw food is. That's probably because this book is not strictly raw but more focused on detox - eliminating wheat/gluten, sugar, dairy, and alcohol, and adding in foods that are of high quality and easily digested.

As someone who doesn't have time to cook, and prefers to eat very healthy, Everyday Raw Detox is the perfect solution for me. The recipes are all yummy & very easy to prepare. There's such a variety of vegetables & fruits used that I feel I'm getting a more balanced diet than ever before. I highly recommend this book, & have already shared it with 3 friends who've also bought it after tasting some of the recipes I made!

I wish I could give this book more than 5 stars! I have been following Matthew's books ever since his Pure Food & Wine book with Sarma. And even though I love his other books, none of them compare to this gem. Why? Any new "cook" book I decide to buy must contain unique, very healthy, delicious, and easy to prepare recipes since I have about 50 other books already. It's been a long time since I have found such a book. This book does it. The recipes are beyond fabulous, many of which are very unique. This book is much different than any other raw book out there. And it's the perfect book to start the new year with since I will be starting a deep cleanse. Thank you Matthew! You are my favorite chef!!

Too complicated and too many obscure ingredients.

I LOVE this book! The Banana Carrot Chai, Chia and Buckwheat Cereal and Broccoli Pesto are just

a few of my favorites.

Very pleased with item.

Matthew Kenney is a culinary genius of the highest order. His commitment to health and wellness, and amazingly delicious food come together in his very mission, crafting the future of food. I highly recommend all his books. Each are incredibly exceptional, and each will both heal your body and delight your palate.

As a lover of food and NOT a raw veganist, I have to say that I was very impressed by the book. The recipes were easy to make and delicious! I feel that many people feel raw veganism is cost prohibitive and hard to make. Most of the recipes in this book are easy and do not take a long time. The flavor combinations are spot on, and this book has the best V8 recipe i've ever tasted. For someone who was to have simple, but delicious juices and meals, this book is for you. Aside from a juicer and a good blender (a vitamix isn't required), you don't need any special equipment. Get this book!

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