

Raw Vegan Recipe Book

NUTRITIOUS AND FLAVORFUL PLANT-BASED DISHES



JACLYN CREATIONS

Jaclyn Creations Raw Vegan Recipe Book

By

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Breakfast



Raw Banana Pancakes



Ingredients

1 ripe banana (peeled and
mashed)
1/4 teaspoon gluten-free
vanilla

extract (alcohol-free)
2 tablespoons dried coconut
flakes
1/4 teaspoon cinnamon

Healthy Tip: If you make them the night before, they will be ready to eat for breakfast by the morning.

Instructions

First, peel the banana and
mash it using a fork in a bowl
until very smooth.

Next, add the vanilla extract,
dried coconut flakes and a
dash of cinnamon for taste.
Mix well.

Flatten the banana/coconut
dough and make small
pancakes of them.

You may also use the
dehydrator or oven.

But then it will take longer to
dry them.

Continue with the
dehydrating process and place
on nonstick tray, or use
parchment paper.

Dry at 115°F (46°C) for 12-
18 hours.

They don't have to be dry,
just on the outsides.

Enjoy with your favorite
toppings!

Berry Delicious Super Food Bowl



Ingredients

1 cup frozen blueberries
1 cup frozen raspberries
1 cup purified water
1/4 cup chia seeds (topping)
1/4 cup unsweetened raw

coconut flakes (topping)
1/4 cup vanilla granola
(Gluten-free topping)

Healthy Tip: If you make them the night before, they will be ready to eat for breakfast by the morning.

Instructions

First, use frozen berries and toss them into a high-speed blender at the lowest setting.

Combined the frozen fruit and purified water.

Add enough purified water so that all ingredients are covered.

Blend on the lowest setting until it looks smooth.

Best to blend on low setting so it does not aerate. (Prevents deterioration of living nutrients).

Add toppings to enhance texture and increase crunchiness.

Enjoy right away!

Super Berry Toasted Coconut Vanilla Chia Pudding



1 Using a mason jar or a medium serving bowl, add nut milk (or condensed coconut milk full fat if you prefer it to be more of a creamier consistency).

2 Next add vanilla extract and maple syrup to the nut milk.
Add Chia seeds, gluten-free oats, blueberries and the strawberries.

3 Let pudding chill in fridge up to 2 hours or (over night) until the pudding starts to thicken. Garnish with toasted coconut flakes and fresh living rosemary. Enjoy!



Ingredients

- 2 cups almond milk (or condensed coconut milk full fat)
- 1/2 teaspoon gluten-free vanilla extract
- 1/8 cup maple syrup (vegan sweetener)
- 1/2 cup Chia Seeds
- 1/4 cup gluten-free oats
- 1/4 cup wild blueberries
- 1/4 cup strawberries
- Toasted coconut flakes (topping)
- 1 bundle fresh living rosemary in blossom (garnish)

Note: Keep refrigerated up to 3 days.

Homemade Vegan Raw Plant Based Milk



1 SOAK tree nuts, seeds, oats, or grains by filling up a container using purified water. Add salt to nuts, seeds, or oats place into water to soak up to 12 hours. 1:3 ratio of (nuts, seeds, oats, or grains) to purified water.

If using raw coconut, the ratio should be 2 cups (raw coconut flakes) to 4 cups of purified water and you would soak in hot water only 2 hours.

2 BLEND (using purified water; 1:3 ratio or 2:4 ratio see listed below). Add soaked nuts, seeds, flakes or oats to a blender. Add more purified water for smoother consistency if you prefer.

3 SWEETEN the milk using naturally organic sources of sweeteners. Can use natural raw plant based sweeteners for taste. Can leave unsweetened for baking purposes. Strain plant based milk mixture using a fine mesh food grade nut milk bag or cheesecloth press out all liquid.

Raw Plant Based Milks

Almond, hazelnut, or cashew milk
Coconut milk (raw unsweetened shredded coconut flakes)
Flax milk
Hemp milk
Oat milk (gluten free rolled oats)
Rice milk
Quinoa Milk

Raw Plant Based Sweeteners

Agave
Cinnamon
Coconut sugar
Maple syrup
Vanilla bean powder
Monk Fruit

Note: Store in refrigerator in a closed container up to 4 days.



Living Smoothies

Healthy Tip: Buy local produce or use organic produce to ensure the freshness and nutrients are the utmost quality.

Gluten-Free Oat Mixed Berry Living Smoothie



Ingredients

1 ripe banana (peeled)
1/2 cup frozen blueberries
1/4 cup frozen raspberries
1/4 cup frozen strawberries
2-3 cups hemp milk
2 scoops pea protein (vegan, gluten-free, non GMO)
2 tablespoons flax seeds
2 tablespoons chia seeds
1/2 cup gluten-free oats

Instructions

First, open and peel banana.

Next, use frozen berries so there is no need for ice.

Toss raw living produce into high-speed blender.

Combined the flax seeds, chia seeds, pea protein, nondairy milk and gluten-free oats.

Use enough non-dairy milk so that all the ingredients are covered.

Blend on the lowest setting until it looks smooth. Best to blend on low setting so the living smoothie does not aerate. (Prevents deterioration of living nutrients).

Add toppings to enhance texture and increase crunchiness. Enjoy right away!

Optional Toppings: Berries, cocoa nibs, gluten-free granola, nuts, or coconut flakes.

Tropical Fruit Anti-Inflammatory Living Smoothie

Ingredients

- 1 ripe banana (broken into small pieces)
- 2 cups raw nut milk
- 1 mango (peeled, de-seeded and cut into chunks)
- 1 fuzzy navel peach (de-seeded and cut into chunks)
- 1/2 teaspoon vanilla extract (gluten-free)
- 1/2 teaspoon fresh turmeric (grated)
- 1/8 teaspoon fresh ginger (grated)
- 1/8 teaspoon cinnamon (grated)

Healthy Tip: Can use black pepper to maximize the benefits of turmeric by 2000%



- 1 First, open and peel one ripe banana and measure 2 cups of raw nut milk and add both ingredients in to high-speed blender.
- 2 Next, peel, de-seed and cut the mango into chunks. De-seed the peach and cut into chunks and toss ingredients into high-speed blender. Add the vanilla extract, turmeric, ginger and cinnamon in last. Blend on low till it looks smooth.
- 3 Best to blend on low setting so the living smoothie does not aerate. (Prevents deterioration of living nutrients).
- 4 Enjoy right away! Can store in fridge for about two days.

BERRYLICIOUS LIVING SMOOTHIE



Ingredients

2 cups frozen raspberries
1/2 cup frozen blueberries
1/2 cup frozen strawberries
1 cup walnut milk
(or your favorite nut milk)
1 cup purified water

2 tablespoons of chia seeds
2 tablespoons of raw
coconut
flakes

Healthy Tip: Raspberries contain high levels of antioxidants such as ketones, which are known to break down fat cells and increase burning fat cells rapidly.

Instructions

First, use frozen berries so there is no need for ice.

Toss raw living produce into high-speed blender.

Combined the frozen fruit, chia seeds, nut milk, and purified water. May want to add more liquid for less thickness.

Blend on the lowest setting until it looks smooth.

Add toppings to enhance texture and increase crunchiness. Enjoy right away!

Green Living Smoothie



Ingredients

1 ripe banana
1 apple (cut into pieces and pitted)
2 celery stalks (cut into smaller pieces)
2 cups kale
1/4 cup fresh parsley
1/4 cup spinach
2 tablespoons flax seed
2 scoops pea protein (vegan, gluten free, non GMO)
3 - 4 cups coconut milk (nut milk of your choice)

Instructions

First wash the raw living produce under cool water.

Once cleaned, peel the banana, core and pit the apple, cut celery into pieces, cut the stems off the parsley, de-stem the kale leaves.

Combined the raw greens with flax seeds, pea protein, and non dairy milk.

Next, toss raw living produce into a high-speed blender at the lowest setting until it looks smooth.

Enjoy right away! Can store in fridge for about two days.

Healthy Tip: Buy local produce or use organic produce to ensure the freshness and nutrients are the utmost quality.

Optional Super Food Greens: Herbs, sprouts, blue-green algae, wheat grass, matcha whole leaf green tea

Healthy Tip: Apples, celery, and fennel also go well with carrot juice. If you're a beginner, start to add only one or two leaves of greens to make sure you still like it.

Living Carrot Juice Smoothie



Ingredients

3 1/2 cups carrots (2 pounds)
1 lemon or lime (juice)
1 ripe banana
3 fresh dates (pitted)
2 tablespoons of chia/flax seeds
1 - 2 scoops of vegan protein
1 tablespoon raw walnut butter
1/4 cup gluten free oats
1 cup coconut milk

Instructions

Wash raw living produce. Slice and squeeze lemons juice's into blender. Peel banana and add to blender.

Next, toss remaining ingredients, except for the whip into a high-speed blender. Blend on the lowest setting until it looks smooth.

Next, prepare creamy whip next. Using a small mixing bowl,

(Creamy Whip Layers)

1 can condensed full fat coconut milk (chilled up to 2 hours prior)
2 tablespoons coconut granules
1 teaspoon vanilla extract (alcohol-free)

remove the hardened cream from the condensed coconut milk into bowl.

Add sweetener and vanilla extract and blend for about one minute till it thickens.

Pour smoothie contents into glass and layer the whip in between. Enjoy right away!

Healthy Tip: The hemp seeds provide good fats as they are a super food protein. Hemp seeds are the only seeds that have no enzyme inhibitor and therefore don't have to be soaked in water before eating. Hemp seeds are great for adding a significant amount of protein for a plant-based raw vegan diet, plus hemp seeds are easy on digestion.

Hemp & Berry Smoothie



Ingredients

1 ripe banana
4 tablespoons hulled
hemp seed
1 bag of frozen black
raspberries (or your
favorite berries)

2 - 3 cups nut milk or
young living coconuts
(water)
1 - 2 scoops vegan
protein

Instructions

Open and peel a banana. Use frozen berries so there is no need for ice.

Next, measure about 4 tablespoons of hulled hemp seeds, 2-3 cups of nut milk or young living coconut (water).

Toss all of the ingredients in a high-speed blender. Best to blend on low. Add enough liquid, so that all ingredients are covered well.

Blend till looks smooth. You may want to add toppings to enhance texture and increase crunchiness.

Optional Toppings: Chia seeds, cacao nibs, coconut flakes, flax seeds, gluten-free rolled oats, gluten-free granola, goji berries, hemp seeds, nuts, pumpkin seeds.



Salads/Entrees

Caribbean Mango & Romaine Lettuce Wraps

Ingredients

1/2 cup sweet crazy corn
1 zucchini (Julienne)
1 mango (chopped into bite size pieces)
2-3 radishes (thinly sliced)
1/4 cup scallions (chopped)
1-2 bell peppers (sliced)
1/4 cup fresh mint and fresh cilantro (cut into small pieces)
Tempeh (or a protein of your choice)
2 limes (juices)
Avocado (sliced into bitesize pieces, optional)
Season with Himalayan or Kosher salt & pepper to taste!

Sauce:
4 tablespoons (gluten-free) Bragg Liquid Aminos
3 tablespoons rice vinegar
1 teaspoon minced fresh Ginger
1 teaspoon turmeric
2 teaspoons pure maple Syrup
1/4 teaspoon tahini oil (gluten-free)
Bell peppers/chili pepper (topping)



- 1 Wash and cut your produce into bite size pieces and arrange on a platter.
- 2 Next, prepare and mix the dipping sauce together in a small mixing bowl.
- 3 Serve with fresh squeezed lime juice sprinkled over the top.
- 4 Season with Himalayan or kosher salt and pepper to taste! Enjoy right away!

Follow Your Heart Insalata Caprese Salad



Ingredients

8 oz Heirloom tomatoes
A hand full of Thai basil
Follow Your Heart
mozzarella
(vegan cheese)

Balsamic vinaigrette (drizzle)
Extra virgin olive oil (drizzle)
Season with Himalayan salt
&
pepper for taste!

Instructions

First wash and pat dry
produce.

Halve the heirloom tomatoes
place in medium size mixing
bowl.

With your hands, tear Thai
basil into small pieces. Add
to mixture.

Using a cheese knife, dice
Follow Your Heart vegan
cheese into cubes.

Add to mixture and stir
ingredients together. Next,
drizzle Balsamic vinaigrette
and Extra virgin olive oil
over the top.

*Healthy Tip: Shop for your
heirloom tomatoes either at a
local farmers market (support
our local farms), or you can find
them at a natural food store.*

Season with Himalayan salt
and pepper for taste!

Serve chilled. Enjoy!

Warning: Anyone who has health conditions; dialysis patients, potassium-restricted diets should steer away from eating tomatoes.

Stuffed Avocados With Crunchy Slaw



Healthy Tip: Best when served chilled.

1 In a medium bowl, mix the cabbage, carrot, red onion, and green onion. Set aside.
In a small bowl, whisk together the minced ginger, lime juice, mirin, rice vinegar, maple syrup, and Asian sesame oil.

2 Pour over the slaw mixture and evenly distribute.
Scoop a hole into each avocado half.

3 Fill with the slaw and can add topping using sesame seeds.
Season with Himalayan or kosher salt and pepper to taste! Serve and enjoy!



Ingredients

2 avocados (cut in half and pitted)
2 cups red cabbage (shredded)
1 cup carrot (grated)
1/2 cup red onion
4 scallions (chopped)
Pinch of sesame seeds
Season with Himalayan or kosher Salt & pepper to taste!

Sauce:

1 tablespoon fresh ginger (minced)
1 lemon, lime, or orange (citrus juice)
2 tablespoons mirin
1 tablespoons rice vinegar (can opt-out and just stick with lemon or citrus flavor).
1 tablespoons maple syrup
2 teaspoons Asian sesame oil

Healthy Tip: When picking out produce, look for the darker pigmentation in their skin because they contain higher amounts of phytochemicals and are rich with micro-nutrients.

Raw zucchini Pesto Ensalada



Ingredients

2 large raw zucchini
squash
1 lemon or lime (juice)
1/4 cup vegan pesto
(check under sauces
category for my recipe)

A bundle of living Basil
(garnish)
Season with Himalayan
or kosher
Salt & pepper to taste!

Instructions

Wash raw living produce and
slice lemon and squeeze its
juice into a medium mixing
bowl.

Using a spiralizer, spiralize
your zucchini in to mixing
bowl. Add vegan pesto.

Mix together with the rest of
the ingredients in bowl. Can
garnish with living basil.
Season with Himalayan or
kosher Salt & pepper to
taste!

Note: Can store remaining sauce in refrigerator for up to a week.

Healthy Tip: Can buy organic raw chickpeas in bulk section at your local market.

Sprouted Watercress, chickpeas, Radish, & Sweet Potatoes Salad



Ingredients

2 cup sprouted watercress
1 cup sprouted chickpeas
2 large sweet potatoes
8 oz radishes

Sauce:

4 tablespoons (gluten-free)
Bragg Liquid Aminos
1 lemon (juice and peel shavings)
1 scallion (diced into small pieces)

2 tablespoons fresh ginger (peeled, minced or finely chopped)
1-2 teaspoons turmeric (ground)
2 tablespoons maple syrup
2 tablespoons sesame seeds
Chili pepper flakes (optional for extra spicy flavor)

Instructions

First wash and pat dry sprouts and produce.

Measure sprouted ingredients and add to large mixing bowl.

Peel sweet potatoes. Slice the sweet potatoes and radishes into 1/2" slices. Add to mixing bowl.

Next, prepare the sauce. Mix the dipping sauce together in a small mixing bowl.

Using a steel grater, grate lemon peel into the mixture.

Whisk together until evenly blended. Can toss more sesame seeds in the mixture to add more of a crunch!

Note: Sprouts need to be eaten within a few days, to ensure utmost freshness.

Jaclyn's Artisan Beet & Apple Summer Salad



Ingredients

2 raw beets (skinned & cubed)
2 celery stalks (washed, chop
into small pieces)
1 carrot (washed and peeled
into thin shavings)
1 apple (peeled by choice and
cubed into smaller pieces)
2 lemons (juice)
2 tablespoons cinnamon
(Ground)

1 tablespoon ginger (minced or
ground)
1/4 teaspoon turmeric (minced
or ground)
2 tablespoons rice vinegar
3 stalks red chard/kale
(washed
and chopped)
1/4 cup golden raisins

Instructions

Wash, peel, beets and cube into
smaller pieces and add to
medium bowl.

Wash all produce. Chop celery
into pieces, peel carrots, & add
to mixture.

Add apple (peel by choice and
cube into smaller pieces).

Squeeze lemon juice in right
away to keep apples from
oxidation process.

Add cinnamon, ginger,
turmeric, rice vinegar in and
mix flavors well.

Then, add chopped red chard
and continue to mix until
evenly blended.

Lastly, add golden raisins into
the salad (can mix together or
keep as topping). Enjoy right
away!

*Healthy Tip: Add seeds, such as hemp hearts or your favorite
type of nuts to include additional source's of protein.*

Raw Zucchini Lasagna



Continued...

Raw Zucchini Lasagna

Ingredients

(Marinated Veggies)

1 Roma tomato (washed, de-
seeded, and sliced)
1 cup shiitake mushrooms
(sliced)
1 tablespoon tahini
1 teaspoon extra virgin olive oil

(Basil Pumpkin Seed Pesto)

1 cups fresh cilantro
1 cup fresh basil
1/4 cup walnuts
1/4 cup pumpkin seeds
1 lemon (juices)
1 clove of
minced garlic
Add purified water as needed
Season with Himalayan or
kosher salt and pepper to taste!

(Chickpeas & Sun-Dried Tomato Spread)

1/2 cup sprouted chickpeas
1 tablespoon tahini
1 lemon (juices)
1 clove of minced garlic
1/3 cup sun-dried tomatoes
Add purified water as needed

(Raw Zucchini Lasagna Noodles)

1 zucchini (slice into thin
pieces lengthwise)

(Toppings)

Hand full of spinach
Handful of olives
1/4 cup chives

1 **Marinated Veggies:** Slice the mushrooms and tomato and put in a bowl. Mix the tahini and oil in and stir evenly. Next, turn oven on lowest setting and transfer ingredients from mixing bowl on to a lined cookie sheet and place in oven. Let flavors marinate while you prepare the rest of the ingredients.

2 **Basil Pumpkin Seed Pesto:** Place all the ingredients in your food processor or blender. Set on chop or blend until it has a pesto-like consistency. By choice add purified water as needed. Put in a bowl and set aside.

3 **Chickpeas & Sun-Dried Tomato Spread:** Place ingredients in a food processor or blender and blend together until forms a paste like consistency. Paste will look red in color.

4 **Raw Zucchini Lasagna Noodles and Layers:** Slice the zucchini into thin pieces lengthwise to build each layer using zucchini as the base. Garnish it with spinach, olives, and chives.

Soups



Raw Spinach, Thai Basil, & Avocado Soup



Ingredients

4 cups purified water

2-3 cups spinach

A handful of Thai basil
(approximately 4 stalks)

2 ripe avocados

2-4 tablespoons lemon (juice)

2 tablespoons Pumpkin seeds

Season with kosher salt and
Pepper for taste!

Healthy Tip: Dark green leafy plants contain chlorophyll, with consuming as much of them as possible, it's useful for replenishing blood cell production. Chlorophyll helps purify the blood and has a neutralizing pH effect.

Instructions

Wash and pat dry produce.

Peel and de-seed avocados.

Slice lemon and squeeze juice
into blender.

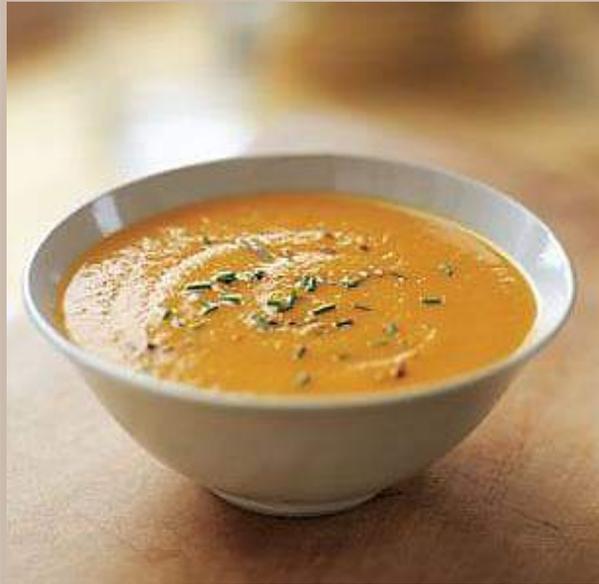
Remove Thai basil leaves
from stalks. Slap against
palm of hand to get their
aromas going.

Transfer the ingredients
(may need to do in small

batches) to a food processor
or immersion blender and
turn setting on puree.

Garnish with pumpkin seeds
and Thai basil leaves. Season
with kosher salt and pepper
for taste! Serve and enjoy.

Tasty Ginger Root Carrot Soup



Healthy Tip: Enhance flavor's with Lemon (lemon peel), Orange (orange peel), Apricot (dried apricots).

1 Wash produce. Peel onion, carrots, ginger, and potato. Dice produce into smaller pieces. Slice citrus fruit and squeeze juices and remaining ingredients into blender. Turn setting on puree.

2 Pour into serving dish when your content with consistency.

3 Can add fresh cilantro, parsley or scallions as a garnish.

For added crunch, top soup with pumpkin seeds. Season with kosher salt and pepper for taste!



Ingredients

- 1 onion (white or yellow)
- 1/3 cup sliced scallions
- 2 tablespoons ginger (minced)
- 1 pound carrots (peeled and diced)
- 1 medium Yukon Gold potato (peeled and diced into 1 inch chunks)
- 1 teaspoon lemon, lime, or orange citrus flavor (juice)
- 1 teaspoon cinnamon
- 1 teaspoon turmeric
- Season with kosher salt and Pepper for taste!

Healthy Tip: Traditionally mushrooms are known for their super food effects, such as their healing properties to boost the entire immune system, forestalling the aging process, and advancement of the health promotion process.

Savory Shiitake Mushroom Soup



Ingredients

16 oz shiitake
Mushrooms
8 oz Carrots
2 - 3 cups white onion
1/2 lb Red potatoes
3 Celery Stalks (diced)
One hand full of fresh
Parsley (finely chopped)
1 Garlic clove

Instructions

Wash and prep veggies. Peel carrots, onion, red potatoes, garlic clove.

Dice produce into smaller pieces and set aside.

Keep a small handful of the mushrooms to add on as a garnish at the end.

4 tablespoons Nutritional Yeast
4 tablespoons Bragg Liquid Aminos
4 cups unsweetened nut milk
Season with Himalayan or kosher salt and pepper to taste!

Transfer the ingredients (may need to do in small batches) to a food processor/immersion blender and turn setting on puree.

Garnish with fresh herbs or mushrooms. Season with kosher salt and pepper for taste! Serve and enjoy!

Dips/Sauces



Mango Caribbean Salsa With A Twist



Ingredients

3 ripe mangos (pitted, peeled, & cut into small pieces)

1/4 cup red onion (peel outside Layer off, chop into small pieces)

1 green pepper (de-seeded & cut into small pieces)

1 Jalapeno or Serrano pepper (de-seeded and finely chopped)

1/4 cup fresh cilantro (finely chopped)

2-3 limes (juices)

1 cup organic strawberries (cut into small pieces)

Season with Himalayan or kosher salt and pepper to taste!

Instructions

First wash the fresh produce. Cut the tomatoes in half and remove seeds with a spoon. Chop into small pieces.

Next, peel the outer layer of the onion off and chop into small pieces.

Then, cut and remove the seeds with a spoon from the green pepper. Cut into small pieces.

Cut and remove the seeds with a spoon from the (Jalapeno or Serrano pepper) if you would prefer less spicy. After the pepper is de-seeded cut into finely chopped pieces.

Chop the ends off the cilantro, cut into finely chopped pieces.

Next, squeeze fresh lime or lemon juice into the salsa.

Then, cut organic strawberries into small pieces.

Toss everything into a medium size bowl and mix everything till its evenly blended.

Lightly season with Himalayan or kosher salt and pepper to taste! Serve and enjoy!

Healthy Tip: Buy fresh organic produce to obtain the ultimate flavors.

Super Food Beet Hummus

Ingredients

15 oz of raw pre-soaked chickpeas (washed well & drained)

2 lemons (juice)

2-3 large beets

1/4 cup fresh cilantro

1/4 cup of fresh parsley

Season with Himalayan or kosher salt and pepper to taste!



1 Wash and pat dry ingredients. Strain chickpeas and wash well. Add raw chickpeas, beets, lemon juice, cilantro, parsley and diced beets to the food processor or blender.

2 Next turn the settings on chop for about a minute. Repeat cycle till hummus is smooth.

3 Serve with fresh squeezed lemon juice sprinkled over the top. Can garnish with cilantro.

4 Season with Himalayan or kosher salt and pepper to taste! Enjoy right away!

Healthy Tip: Can buy organic raw chickpeas in bulk section at your local market.

Healthy Tip: Can use sprouted chickpeas to increase their micronutrient percentage they offer and boost your entire immune system.

Vegan Black Olive Hummus



Ingredients

15 oz of chickpeas (washed, soaked, and drained)
1 clove of garlic
2 lemons (juice)
1-2 tablespoons of cumin
4-5 oz of black California olives (washed and drained)

1/4 cup of cilantro
2 tablespoons Asian sesame oil
2 tablespoons of olive oil
Season with Himalayan or kosher salt and pepper to taste!

Instructions

First add the chickpeas, garlic, olives, cumin, cilantro, and lemon juice to the food processor or blender. smooth and creamy.

Next turn the settings on chop and pour olive oil into the feeder tube.

Use the food processor for another cycle till hummus is

Season with Himalayan or kosher salt and pepper to taste!

Serve and enjoy. Pair with any of your favorite side dishes or can use as a spread for other recipes.

Note: Can store remaining sauce in refrigerator for up to a week.

Jaclyn's Asian Ginger Sauce



Ingredients

4 tablespoons (gluten-free)
Bragg Liquid Aminos
1 lemon (juice and peel
shavings)
1 scallion (diced into small
pieces)
2 tablespoons fresh ginger
(peeled,
minced or finely chopped)

1-2 teaspoons turmeric
(ground)
2 tablespoons maple syrup
2 tablespoons sesame seeds
Chili pepper flakes (optional
for
extra spicy flavor)

Instructions

Mix the dipping sauce
together in a small mixing
bowl.

Using a steel grater, grate the
lemon peel into the mixture.

Whisk together until evenly
blended.

Toss more sesame seeds in the
mixture to add more of a
crunch!

Enjoy! Can keep in fridge up
to 5 days.

Healthy Tip: Using fresh herbs or root vegetables over dried are better for bringing out the refreshing aroma and flavors.

Basil Pumpkin Seed Pesto



Ingredients

1 cups fresh cilantro
1 cup fresh basil
1/4 cup walnuts
1/4 cup pumpkin seeds
1 lemon (juices)
1/4 cup chopped
scallions/1 clove of

minced garlic
Add purified water as
needed
Season with Himalayan
or kosher salt and pepper
to taste!

Instructions

Measure ingredients and
place all the ingredients in
your food processor or
blender.

Set on chop or blend until
it has a pesto-like
consistency.

By choice add purified
water as needed.

*Healthy Tip: To get the juices
flowing in the herbs, try
slapping the herbs against the
palm of your hand. This
releases the oils and boosts
their aromas!*

Note: Can store in a bowl with a lid and refrigerate up to 7 days.

Middle Eastern Tahini Spread

Ingredients

5 cups sesame seeds
1 1/2 cup extra virgin olive
oil

A small bundle of living Thai
Basil

(garnish)

Season with Himalayan or
Kosher salt and pepper to
taste!



*Healthy Tip: Can buy
organic raw sesame seeds
in bulk section at your
local market.*

1 Measure sesame seeds. Keep a small handful set aside for garnish. Pour sesame seeds into food processor.

2 Next, combined with oil and turn on low setting till looks smooth.

3 Transfer to a serving dish and sprinkle the top with raw sesame seeds, basil, and drizzle with olive oil. Serve and enjoy!



Note: Can garnish with cilantro, Thai basil, Mint, or other herbs

Desserts



Raw Vegan Gluten Free Chocolate Drop Cookies



Ingredients

1/2 cup almond butter or your favorite nut butter

1/4 cup organic maple syrup (vegan sweetener)

1/4 cup cold pressed organic extra virgin coconut oil, measured in solid state

3 tablespoons toasted ground Carob powder or can use unsweetened cocoa powder

1/4 tsp sea salt

1.5 teaspoons gluten free vanilla

1 cup gluten free rolled oats

1/4 cup shredded, unsweetened coconut flakes

Instructions

Using wax paper line two cookie sheets and set aside.

Mix the almond butter, syrup, salt and coconut oil in a saucepan and turn on low heat till until melted.

Whisk the mixture as you add in the vanilla, toasted carob powder.

Add the gluten free rolled oats and mix well.

Add coconut flakes and mix until evenly combined.

Drop 1 tablespoon size portions of mixture onto wax baking sheet.

Let cool in the refrigerator or freezer for about 5 minutes.

Store in an airtight container in the refrigerator for up to 5 days.

Optional Toppings: Cinnamon (ground), chia seeds, flax seeds, nuts or espresso (grounds).

Tasty Hazelnut Gluten-Free Oat Bites



Ingredients

1 1/2 cup raw hazelnuts
1 cup apricot or dates
(dried)
1/2 cup gluten-free oats
2/3 cup raw coconut flakes
(topping)
1/2 cup raw or sprouted
almond butter

1/4 cup ground flax meal
2 tablespoons cinnamon
(ground)
1 tablespoon chia seeds
(optional)
1 teaspoon gluten-free
vanilla extract

Instructions

First toss the hazelnuts into a blender, turn setting on chop until they form a coarse flour like consistency.

Next, add the apricot or dates, oats, almond butter, flax meal, Chia seeds and vanilla extract together. Mix until evenly blended.

Roll dough into small 1" - inch thick, round sphere shapes.

Mix the raw coconut flakes and the ground cinnamon together and place in a small bowl.

Roll dough into mixture, then place onto parchment paper.

Enjoy right away! Store in an airtight container in the refrigerator for up to 5 days.

Healthy Tip: These tasty treats are loaded with great sources of protein, healthy fats, and fiber.

Raw Carob Chocolate Vegan Brownie Boost Bar



Ingredients

1/2 cup organic almond butter
2 tablespoons maple syrup
1 teaspoon gluten free vanilla extract
1 lemon (juices)
2 tablespoons vegan protein powder (optional)

3 tablespoons toasted carob powder
2 tablespoons maca powder (optional)
2 tablespoons organic raw coconut Flakes
A pinch of Himalayan or kosher salt

Healthy Tip: Lemon juice is potent, so start with a little and add more flavoring according to your own taste.

Instructions

In a small mixing bowl mix together the ingredients.

start with almond butter, maple syrup, vanilla, lemon juice, protein powder, maca powder, and carob powder, coconut flakes and salt.

Next, mix ingredients well, till everything is properly combined.

Press the mixture together against the sides of the mixing bowl to pack together.

Use wax parchment paper, transfer the mixture and start to mold into rectangular shape brownie bars.

Can use additional raw coconut flakes for a topping.

Enjoy right away. Store in an airtight container in the refrigerator for up to 5 days.

Healthy Tip: To get the juices flowing in the herbs, try slapping the herbs against the palm of your hand. This releases the oils and boosts their aromas!

My Banana Split Is B-A-N-A-N-A-S!



Ingredients

Ripe Banana (sliced down the middle)
Almond butter (drizzling)
2 tablespoons walnut (chopped)
1 tablespoon raw unsweetened coconut flakes
1 tablespoon chia seeds
1/4 cup strawberries (fresh or

frozen)
1/4 cup wild blueberries (fresh or frozen)
2 tablespoons Freeze dried raspberries
Cinnamon bark (Ground)
85% cacao (chopped)
Maple syrup (drizzling)

Instructions

Peel one ripe banana and slice lengthwise down the middle. Place into a bowl.

Scoop almond butter (or your favorite nut butter) over the top of the banana to use as drizzle.

Measure and add ingredients; walnuts, raw unsweetened coconut flakes, chia seeds,

strawberries, blueberries, and freeze-dried raspberries.

Sprinkle cinnamon bark over the top of the banana split

Top banana split with 85% cacao and drizzle maple syrup for extra sweetness.

Enjoy right away!



Contributors

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Jaclyn Rae is passionate about many things, most of all she is a creative innovator, vegan enthusiast, health blogger, and a certified holistic wellness expert with abilities to building impacting relationships.

She specializes in helping individuals find their life balance that is right for them through holistic therapies. In her 20's, she became an expert in diet and health as she struggled with sever food allergies and an incurable auto-immune disease, while learning over time, which foods combinations to eat that provided her the utmost nutrient, proper macro nutrient ratios, that she needed for a healthy body and holistic wellness. Her natural healing work incorporates various modalities from holistic therapies to a bio-individualized program for her clients.

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