

Jaclyn Creation's

GLUTEN-FREE

S A V O R Y

A N D S W E E T

V E G A N

R E C I P E S

● PLANT-BASED SIMPLE & DELICIOUS MEALS ●

2ND EDITION

JACLYN RAE

Jaclyn Creations
Gluten-Free Savory and Sweet
Vegan Recipes

By

Jaclyn Rae

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WELCOME

Welcome readers!

Hope you enjoy my recipes. Each creation was simply inspired by healthy plant-based meals that are naturally gluten-free, wholesome, with a hearty essence.

Built From Scratch

Each one of my creations is built from scratch, simple to make, and easy on digestion. Because I used healing foods to correct my gut health, I wanted to share my creations to help others restore and repair their bodies as well.

Plant Proteins

In all of my dishes, I found a significant way to include healthy sources of protein, which are 100% from plants. Throughout my healing journey, I have discovered which food combinations provide the proper nutrients and macronutrient ratios that the body needs for a healthy and holistic wellness lifestyle.

No Artificial Sweeteners or Fillers

Not only do my creations offer health benefits to the body, but they also taste delectable! Also, I have strategically removed sugar from my creations, only to replace it with natural plant-based vegan sweeteners when a recipe calls for it. Otherwise, no additives or crazy fillers are found inside of my dishes!

Healthy Living,

Jaclyn Rae



Jaclyn Rae

Struggling with food allergies from a young age, Jaclyn Rae, founder of Jaclyn Creations, discovered the health benefits of a plant-based/vegan diet over eight years ago. Highly allergic to animal protein, Jaclyn began a lifelong journey that has led her to become a nutritionist, worldwide author, and advocate for cruelty-free food consumption.

Jaclyn Rae is a vegan health consultant in Portland Oregon, and helps her clients with strategies to make their health a priority. Her experience in nutrition is the foundation for your support as well as lifestyle integration. She provides her clients personalized plant-based recipes alongside her bio-individualized programs, educating her clients on how to live their best life.



COCONUT FLOUR CARROT PANCAKES

Vegan (No Egg)

This mouth-watering sensation is worth every bite! You will love my zesty home-made vegan pancakes made from scratch. These will have your taste buds jumping!

No egg, just use organic, raw ingredients but first, you need to make sure you have the main ingredients listed below:

Healthy Tip: Can add these raw food items to offer the body a more important macro variety: Gluten-free oats, flax seeds, chia seeds, tree nuts, etc.

COCONUT FLOUR CARROT PANCAKES



INGREDIENTS

- ◆ 1 ripe banana (mashed)
- ◆ .5 cup carrots (finely grated)
- ◆ .5 cup gluten-free oats
- ◆ 2 tablespoons flaxseeds (ground)
- ◆ 1/4 teaspoon gluten-free baking powder
- ◆ .5 cup coconut flour
- ◆ 1/4 cup pea protein (optional, or another plant-based protein powder)
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)
- ◆ 1/3 cup nut milk
- ◆ 1/3 cup purified water
- ◆ 1-2 tablespoons coconut oil (cooking oil)

Toppings:

- ◆ Maple syrup (optional)
- ◆ Raw unsweetened coconut flakes



METHOD

Wash and pat dry produce. Combine into a mixing bowl, mashed banana, carrots, gluten-free oats, flaxseeds, baking powder, coconut flour, and pea protein by choice.

Pour vanilla extract, coconut milk, purified water together with the rest of the ingredients. Mix wet ingredients with dry ingredients till evenly combined. Let ingredients thicken.

After the ingredients thicken, turn on the skillet to medium heat, and lightly grease the skillet with coconut oil. Using a tablespoon, scoop about two tablespoons per pancake; should make approximately 4 pancakes. Sprinkle cinnamon over the top of each pancake.

Pancakes are ready to flip when little bubbles appear and the edges appear dry. (Pancakes will be crumbly, so make sure they are dry enough to flip).

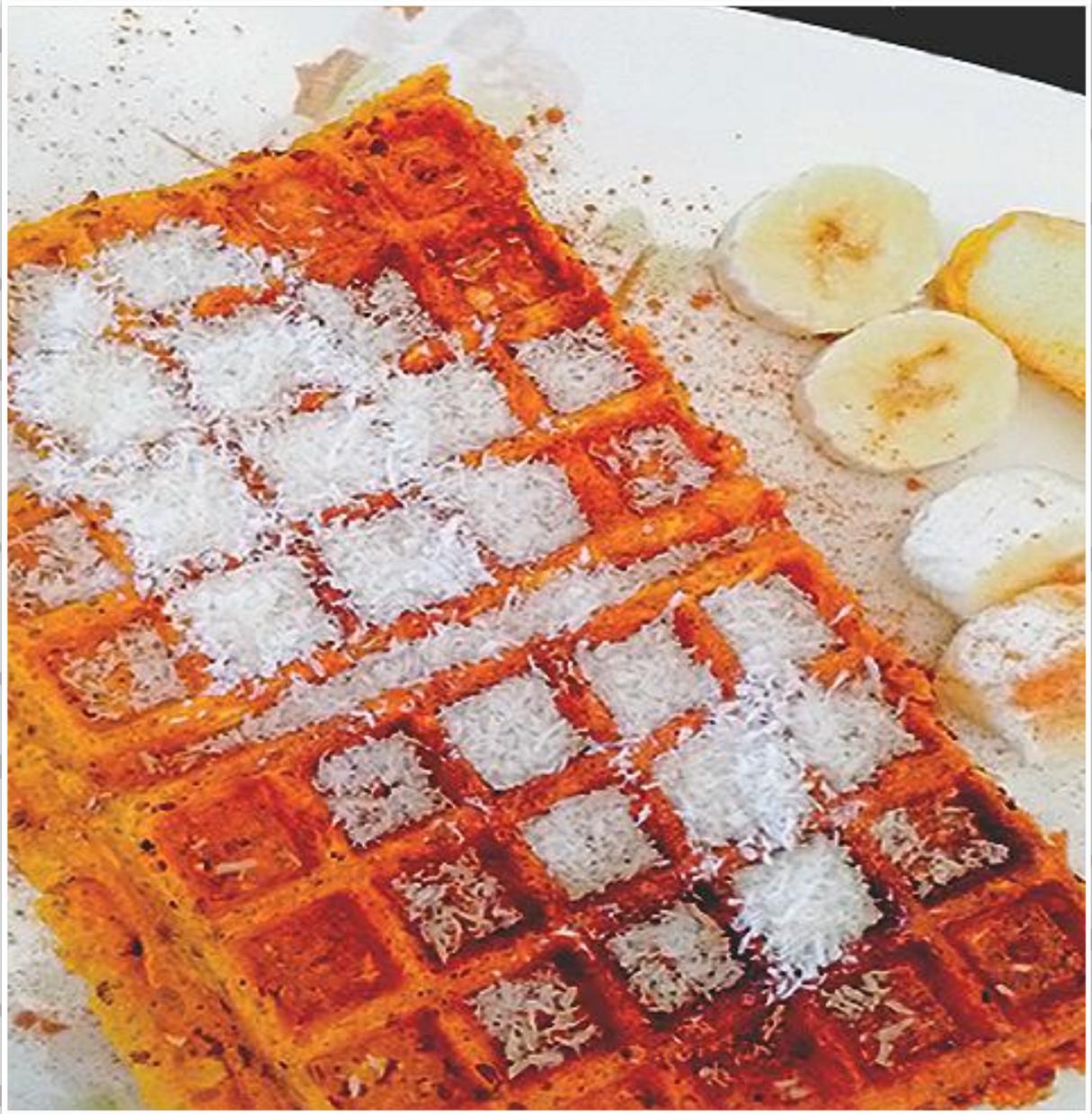
Flip and cook for another couple of minutes on the other side. Serve while hot. Top with maple syrup or topping of your choice.

Optional Toppings:

Fresh fruit, coconut flakes, nuts, dates, cacao nibs, nut butter, cinnamon, allspice, lemon peel, or orange peel

Store leftovers in a sealed container in the fridge for up to 2 days.

SWEET POTATO WAFFLES



SWEET POTATO WAFFLES



INGREDIENTS

- ◆ 1.5 cup gluten-free oats
- ◆ 3/4 cup mashed sweet potato (approximately 1 medium potato)
- ◆ .5 cup nut milk (or non-dairy milk of your choice)
- ◆ 2 tablespoons maple syrup
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)
- ◆ 1 teaspoon gluten-free baking powder
- ◆ 2 tablespoons flaxseed + 1/4 cup purified water (egg-replacer)
- ◆ 1/4 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1 tablespoon extra virgin olive oil (cooking oil)

Toppings:

- Raw unsweetened coconut flakes
- 1 ripe banana
- Maple syrup



METHOD

Wash and pat dry sweet potato. Puncture two opposite sides with a fork. You will want to bake the sweet potato first. Lather outside skin of the sweet potato in extra virgin olive oil and place onto baking sheet.

Preheat oven to 425°F and transfer the baking sheet to the oven. Bake the sweet potato for about 40 min. Remove from oven when done.

In a small bowl combine the flaxseeds with purified water and set aside to let thicken. Meanwhile, preheat waffle iron to medium low and grease lightly.

Using a food processor or blender add the oats, sweet potato, coconut milk, maple syrup, vanilla extract baking powder and start to blend.

Add egg-replacer to mixture. Sprinkle cinnamon and allspice into the batter. Continue blending until smooth.

Use a ladle and spoon the waffle batter into lightly greased waffle iron. Cook for about 6 minutes or until the edges turn crisp.

Enjoy right away with your favorite toppings!

Store leftovers in a sealed container in the fridge for up to 2 days.

SUPER FOOD CHOCOLATE PROTEIN PANCAKES



SUPER FOOD CHOCOLATE PROTEIN PANCAKES



INGREDIENTS

- ◆ 1 cup gluten-free oat flour
- ◆ 2 scoops of chia protein (pea protein + chia seeds)
- ◆ 3 tablespoons toasted Carob powder
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)
- ◆ 2-3 cups hazelnut milk
- ◆ 1-2 tablespoons extra virgin olive oil (cooking oil)

Toppings:

- ◆ 1/8 cup raw unsweetened coconut flakes (topping)
- ◆ 1/4 teaspoon nutmeg
- ◆ 1/4 frozen blueberries
- ◆ 2-4 tablespoons molasses
- ◆ 1 ripe banana



METHOD

Combine gluten-free oat flour, chia protein, and carob powder into a blender.

Add vanilla extract and hazelnut milk to the mixture and blend till evenly smooth. Meanwhile, preheat the skillet over medium heat and add olive oil.

Once the skillet is hot, using a 1/8 size measuring cup, scoop batter on the skillet. (Make sure to leave about 1/2" inch between pancakes for them to expand).

Pancakes are ready to flip when little bubbles appear and the edges look slightly dry. Flip pancakes and cook on another side.

Remove from heat and serve while hot.

Top with nutmeg, unsweetened coconut flakes, blueberries, molasses, or any of your favorite toppings.

Optional Ingredients:

Toppings: Banana, berries, cinnamon, cardamom, cocoa nibs, nuts, or vegan sweeteners.

Vegan Sweeteners: Agave nectar, maple syrup, or date syrup

Store leftovers in a sealed container in the fridge for up to 2 days.

BLUEBERRY OAT FLOUR HOT CAKES



BLUEBERRY OAT FLOUR HOT CAKES



INGREDIENTS

- ◆ 1 cup gluten-free oats
- ◆ 1/4 cup brown rice flour
- ◆ 1/8 cup tapioca flour
- ◆ 1.5 cups non-dairy milk
- ◆ 1 teaspoon vanilla extract
- ◆ 1 tablespoon flaxseeds (ground)
- ◆ 1-2 tablespoons extra virgin olive oil
- A hand full of frozen or fresh blueberries

Toppings:

- Raspberries
- Raw unsweetened coconut flakes
- Maple syrup (optional)



METHOD

First using a large mixing bowl, combine the oats, flour, non-dairy milk, vanilla extract, flaxseeds, olive oil, blueberries, and stir together.

Consistency should be like a thick batter. Add extra non-dairy milk, for a smoother consistency.

Next heat a medium-size skillet over medium heat. Measure the pancake batter into the skillet using about 1/4 cup for each pancake.

Cook until the edges turn golden brown. Once the edges are slightly golden, flip and heat another side until it's slightly golden. Remove from heat and enjoy while hot.

Optional Toppings:

Berries, raw dark chocolate, lemon zest, orange zest, raw coconut flakes, nuts, or your favorite nut butter.

Store leftovers in a sealed container in the fridge for up to 2 days.

SCRUMPTIOUS BLUEBERRY & CHOCOLATE CHIP PANCAKES



SCRUMPTIOUS BLUEBERRY & CHOCOLATE CHIP PANCAKES



INGREDIENTS

- ◆ .5 cup coconut flour
- ◆ 1/4 cup brown rice flour
- ◆ 1/8 cup tapioca flour
- ◆ 1.5 cups non-dairy milk
- ◆ 1 teaspoon vanilla extract
- ◆ 1 tablespoon flaxseeds (ground)
- ◆ 1-2 tablespoons extra virgin olive oil
- ◆ A hand full of frozen or fresh blueberries
- ◆ A hand full of vegan chocolate chips

Toppings:

- Raw hazelnuts
- Maple syrup (optional)



METHOD

First, use a large mixing bowl, combine all the flours, non-dairy milk, vanilla extract, flaxseed, oil, blueberries, and chocolate chips and stir together. Consistency should be like a thick batter. Add extra non-dairy milk, for a smoother consistency.

Next heat a medium-size skillet over medium heat. Measure and pour the pancake batter into a non-stick skillet using about 1/4 cup for each pancake.

Cook until the edges turn golden brown. Once the edges are slightly golden, flip and heat another side until it's slightly golden. Remove from heat and enjoy while hot.

Healthy Tip: Buy raw organic nuts, mostly found in the bulk section at natural food stores or from local farmers. No need to buy sprouted, you can do it yourself using 1:3 ratio. (Use 1 cup raw nuts to 3 cups purified water and soak for up to 2 hours. Rinse and drain before you eat).

Simply soak nuts for up to 2 hours, rinse well, to remove or reduce the phytic acid.

This encourages the production of beneficial enzymes as it neutralizes the enzyme inhibitors from the shells and ultimately helps aid digestion.

Store leftovers in a sealed container in the fridge for up to 2 days

VEGAN STRAWBERRY SHORTCAKE PANCAKES



VEGAN STRAWBERRY SHORTCAKE PANCAKES



INGREDIENTS

- ◆ 1-2 tablespoons coconut oil (softened)
- ◆ 2 tablespoons flaxseed + 4 tablespoons water (egg-replacer)
- ◆ 1/4 cup arrowroot flour
- ◆ 1 cup stone-ground rice flour
- ◆ 1 teaspoon baking powder
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)
- ◆ 1.5 cups Nut Milk (add more for thinner pancakes)

Toppings:

- ◆ Strawberry fruit spread (In this recipe I used Smucker's natural spread)
- ◆ A handful of raw walnuts (crushed)
- ◆ 1 ripe banana (sliced)
- ◆ 1 teaspoon chia seeds
- ◆ Dairy-free cool whip or whip cream (optional)



METHOD

Using a medium mixing bowl add softened coconut oil to the bowl first.

Combine the wet ingredients first into mixing bowl. Next, add together separately the egg-replacer in a small container. Set aside and allow to thicken before adding to mixing bowl.

Next, stir in the remaining dry ingredients. Mix well until the consistency of the batter is thickened and slightly sticky.

Using a non-stick skillet, place on the stove and turn on the heat to med-high heat.

Spoon (2 tablespoons of batter combine) per pancake onto the skillet, and let cook for about 3 min on each side or until edges are slightly crisp. Transfer to the plate after cooked on both sides.

Continue with the prior step, until the batter is gone.

Add strawberry fruit spread between each layer of pancake. Top with raw walnuts. (Or add your favorite toppings)

Serve with ripe banana on the side and top with Chia seeds.

Store leftovers in a sealed container in the fridge for up to 2 days.



VEGAN ZUCCHINI PIZZA BITES (GLUTEN-FREE)

Raw (Alkalizing)

Who loves DIY pizza? My vegan zucchini pizza bites are extraordinary! Each slice is oozing with nutrient-rich herbs and all-pervading aromas.

This amazing creation is naturally gluten-free offering optimal nutrients for energizing the body.

Like most high alkaline vegetables, Zucchini is known to neutralize the pH of the body. Eating zucchini regularly may reduce high blood sugar, heal inflammation in the body, and aid in digestion. I am certain this dish will satisfy your hunger and reduce cravings.

Healthy Tip: Plant your own vegetable/fruit garden or source your seasonal produce at local farmer's markets, support local co-ops, or shop at health-conscious stores.

VEGAN ZUCCHINI PIZZA BITES (GLUTEN-FREE)



INGREDIENTS

- ◆ 2 large raw zucchini (sliced in 1/4" inch rounds)

Toppings:

- ◆ Marinara sauce (spread)
- ◆ Minced garlic
- ◆ Vegan mozzarella cheese
- ◆ A handful of raw spinach
- ◆ Mushrooms (sliced)
- ◆ Onion (finely chopped)
- ◆ Heirloom tomatoes (sliced)
- ◆ Fresh cilantro (Garnish)
- ◆ Fresh basil (Garnish)



METHOD

First, wash and pat dry all produce. Set aside. Preheat the oven to 350°F. While oven temperature is rising slice and dice produce.

Layout zucchini rounds first onto the cutting board. Scoop a tablespoon amount of marinara sauce and spread it evenly over each slice.

Next, top each round with the remaining ingredients. I like to top mine in this order using: minced garlic, cheese, spinach, mushrooms, onion, tomatoes, and garnish with fresh herbs.

Now it's time to bake. Line a baking sheet with parchment paper, place zucchini pizza bites onto the baking sheet with leaving 1" inch between.

Now, transfer the baking sheet into the oven for about 10 minutes or until cheese has melted all the way.

Remove from oven when ready. Enjoy!

Store leftovers in a sealed container in the fridge for up to 4 days.

JACLYN'S GREEK GODDESS PESTO PIZZA



JACLYN'S GREEK GODDESS PESTO PIZZA



INGREDIENTS

Dough Ingredients:

- 1 pound cauliflower florets (1 head of large cauliflower)
- ◆ 3 tablespoons flaxseeds + 6 tablespoons water (egg-replacer)
- ◆ .5 cup brown rice flour (I found brown rice flour works the best out of all the gluten-free flours in this recipe)
- ◆ 1/2 teaspoon onion powder
- ◆ 1/2 teaspoon dried oregano
- ◆ 1/2 teaspoon dried basil

Basil Pumpkin Seed Pesto:

(1/4 cup smoothed over the top of pizza crust)

- 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 or 1 clove of minced garlic
- ◆ Season with Himalayan or kosher salt and pepper to taste

Toppings:

- ◆ 1 cup raw spinach
- ◆ 1 tablespoon pimiento stuffed manzanilla olives (sliced)
- ◆ 1 tablespoon Kalamata olives (sliced)
- ◆ 1/2 white onion (thinly sliced)
- ◆ A hand full of raw walnuts
- ◆ A hand full of fresh basil (chopped finely for garnish)



METHOD

First, preheat the oven to 400°F. Lightly grease or line a baking sheet with parchment paper first.

Next add cauliflower florets in a food processor. Chop finely into rice-like grain pieces. Using a large mixing bowl, add the cauliflower, brown rice flour, onion powder, dried oregano, and dried basil.

Next, mix 2 tablespoons of flaxseeds with 6 tablespoons of water into a separate medium size bowl. Set aside until egg-replacer mixture has thickened.

Next, transfer the egg-replacer with the rest of the ingredients into a medium size mixing bowl. Mix well, folding the ingredients together with your hands.

Using a baking sheet, press and shape the mixture into the mold of the baking sheet. Try keeping the pizza crust about 1/4" inch thick and press together firmly. (The thinner the pizza crust = less time in the oven)

Now it's time to bake! Place in oven for about 30-45 minutes. Crust should look slightly brown and be dry to the touch.

After pizza crust has reached desired texture, take out of oven and use an additional piece of parchment paper to flip over pizza crust. Place pizza crust back in the oven to brown the other side about 10-15 minutes.

Meanwhile, prepare the basil pumpkin seed pesto while pizza is in the oven. Measure ingredients and place all the ingredients in your food processor or blender. Set on a chop or blend until it has a pesto-like consistency. Add purified water as needed, for smoother consistency.

When its time to remove the pizza crust from oven, add toppings or garnish with fresh herbs or spices! Enjoy right away.

Optional: To warm the toppings, place pizza back into oven for 8 minutes.

Store leftovers in a sealed container in the fridge for up to 3 days.

JACLYN'S ARTISAN STYLE CAULIFLOWER CRUST PIZZA



JACLYN'S ARTISAN STYLE CAULIFLOWER CRUST PIZZA



INGREDIENTS

Dough Ingredients:

- ◆ 1 pound cauliflower florets (1 head of large cauliflower)
- ◆ 3 tablespoons flaxseeds + 6 tablespoons water (egg-replacer)
- ◆ .5 cup brown rice flour (I found brown rice flour works the best out of all the gluten-free flours in this recipe)
- ◆ 1/2 teaspoon onion powder
- ◆ 1/2 teaspoon dried oregano
- ◆ 1/2 teaspoon dried basil

Toppings/Sauce:

- ◆ 6 oz tomato puree (4-6 tablespoons to smooth over the top of pizza crust)
- ◆ 1 small Roma tomato (sliced into pieces)
- ◆ 1 tablespoon Kalamata olives (sliced)
- ◆ 8 oz mushrooms (baby Bella, Portabellini, white button, Cremini)
- ◆ 1-2 Thai shallots (sliced into pieces)
- ◆ A hand full of fresh basil (chopped finely for garnish)
- ◆ A hand full of fresh parsley (chopped finely for garnish)



METHOD

First, wash and pat dry produce. Preheat the oven to 400°F. Lightly grease or line a baking sheet with parchment paper.

Next add cauliflower florets in a food processor. Chop finely into rice-like grain pieces. Using a large mixing bowl, add the cauliflower, brown rice flour, onion powder, dried oregano, and dried basil.

Next, mix 2 tablespoons of flaxseeds with 6 tablespoons of water into a separate size bowl. Set aside until egg-replacer mixture has thickened.

Next, transfer the egg-replacer with the rest of the ingredients into a medium size mixing bowl. Mix well, folding the ingredients together with your hands.

Using the lined baking sheet, shape and mold the mixture into the parchment-lined baking sheet. Try keeping the pizza crust about 1/4" inch thick and press together firmly.

Place in oven for about 30-45 minutes. The crust should look slightly brown and be dry to the touch.

After the pizza crust has reached desired texture, take it out of the oven and use an additional piece of parchment paper to flip over the pizza crust. Place pizza crust back in the oven to brown the other side for an additional 10-15 minutes.

Next, remove pizza crust from the the oven and add your favorite toppings.

Optional: To warm the toppings, place pizza back into oven for 8 minutes. Remove from oven and garnish with fresh herbs or spices!

Store leftovers in a sealed container in the fridge for up to 3 days.



NATURAL GLUTEN FREE HEARTY SPAGHETTI SQUASH



INGREDIENTS

- ◆ 2 large spaghetti squash (3 pounds each)
- ◆ 4 tablespoons extra virgin olive oil
- ◆ 2 lemons (juices)
- ◆ 1/4 cup fresh basil (thinly sliced)
- ◆ 2 tablespoons fresh oregano
- ◆ 6 oz organic black olives (sliced)
- ◆ Season with Himalayan or Kosher salt and pepper to taste!

Tomato Sauce:

- ◆ 10-12 Roma tomatoes, (halved and removed seeds)
- ◆ 4-5 tablespoons extra virgin olive oil
- ◆ 1 large onion (white or yellow, diced)
- ◆ 3-5 carrot stalks (peeled and diced)
- ◆ 1 tablespoon fresh oregano (chopped)
- ◆ 1 tablespoon fresh thyme (chopped)
- ◆ 1 teaspoon Himalayan or Kosher salt
- ◆ 1 teaspoon pepper



METHOD

Tomato Sauce Instructions:

Use a large saucepan on stove with medium heat. Pour in the extra virgin olive oil first, onion, carrots and cook them on medium until the onion soften or turn translucent in color.

Next, throw in the tomatoes for about 7-10 minutes. While sauce is stewing, toss in the oregano and thyme leaves.

Meanwhile, you could have the spaghetti squash in the oven while preparing this sauce. You can continue to let the sauce stew on low heat while the spaghetti squash is baking.

Spaghetti Squash Instructions:

First, preheat the oven to 400°F. Use a large baking sheet lined with foil or an oven-safe dish. Next cut your spaghetti squash carefully using the tip of a sharp knife and piercing the squash all the way through, chose one direction to rock the knife back and forth and repeat in the other direction.

Once you get your squash halved, use a spoon and scoop out the seeds and dispose or compost them and the inside should be clear.

Next, brush the interior with oil and season lightly with salt and pepper. Set the cut side down on the baking sheet.

Bake for about 40 minutes until the squash's skin can be pierced with a knife. After the squash is done baking, remove from the oven and let it cool enough to be able to handle. Reduce oven to 375°F.

After the squash has cooled down, spoon out the inside of the squash into a separate dish. (It should be stringy, like spaghetti).

Next lightly oil or grease a 5 x 10-inch casserole dish. Place the inner part of the squash into the bottom of the baking dish. Pour evenly the tomato sauce and squeeze the lemon juice across the top.

Place toppings on spaghetti squash using fresh olives, oregano, and basil. Cover with foil and return to oven. Bake for another 10 minutes to intensify the flavors. Bon appétit!

Store leftovers in a sealed container in the fridge for up to 7 days..

GREEK INSPIRED STUFFED TETSUKABUTO SQUASH



GREEK INSPIRED STUFFED TETSUKABUTO SQUASH



INGREDIENTS

- ◆ 2 tablespoons extra virgin olive oil (cooking + baking)
- ◆ 1 Tetsukabuto squash (sliced in half, de-seeded, and baked prior)
- ◆ 2 cups chickpeas (cooked)
- ◆ 1 English cucumber (cubed)
- ◆ 1 red bell pepper (cubed)
- ◆ 1/2 purple onion (diced into smaller pieces)
- ◆ 2 scallions (finely chopped)
- ◆ .5 cup vegan Greek dressing (In this recipe I used Mother Raw brand)
- ◆ 1 cup black heirloom rice (cooked) + 1 tablespoon of Tahini dressing (stirred well, drizzle topping)
- ◆ Season with Himalayan or kosher salt & pepper for taste!



METHOD

Tetsukabuto Squash:

First, wash and pat dry produce. Preheat the oven to 400°F. Use a large baking sheet lined with foil or an oven-safe dish.

Next, cut your squash carefully using a sharp knife. The best way I found to cut through the squash is by using the tip of the knife and piercing the squash all the way through, choose one direction to rock the knife back and forth and repeat in the other direction.

Once you get your squash halved, use a spoon and scoop out the seeds and save them, dehydrate and eat later. Make sure the inside is clear.

Next, brush the interior with oil and season lightly with salt and pepper. Set the cut side down on the baking sheet.

Bake for about 40 minutes till the squash's skin can be pierced with a knife.

Greek Inspired Salad:

Meanwhile, prepare Chickpeas, English Cucumber, Red Bell Pepper, Onion, and Scallions while mixing them in a medium bowl + Greek dressing. Set aside.

Now prepare your healthy heirloom rice for your side dish! After the squash is done baking, remove from the oven and let it cool enough to be able to handle it.

After the squash has cooled down enough to handle, move to the serving plate.

Pour evenly the Greek salad mixture and season with Himalayan or Kosher salt for taste!

Serve with a bed of rice + Tahini drizzle as dressing and enjoy!

Store leftovers in sealed container in the fridge for up to 7 days.

TETSUKABUTO WINTER SQUASH DELIGHT



TETSUKABUTO WINTER SQUASH DELIGHT



INGREDIENTS

- ◆ 4 tablespoons extra virgin olive oil (cooking + baking)
- ◆ Quinoa (sprouted or cooked)
- ◆ 1 large Tetsukabuto squash (sliced, de-seeded, and baked)
- ◆ 3 tablespoons vegan mozzarella (Miyoko's brand)
- ◆ 2 fresh scallions (finely chopped)
- ◆ A handful of fresh Cilantro
- ◆ A handful of fresh parsley
- ◆ 16 Oz authentic homemade spaghetti sauce
- ◆ Season with Himalayan or kosher salt and pepper to taste!

Sauce Ingredients:

- ◆ 10-12 Roma tomatoes, (halved and removed seeds)
- ◆ 4-5 tablespoons extra virgin olive oil
- ◆ 1 large onion (white or yellow, diced)
- ◆ 3-5 carrot stalks (peeled and diced)
- ◆ 1 tablespoon fresh oregano (chopped)
- ◆ 1 tablespoon fresh thyme (chopped)
- ◆ 1 teaspoon Himalayan or Kosher Salt
- ◆ 1 teaspoon Pepper



METHOD

Authentic Home Made Spaghetti Sauce:

First, wash and pat dry produce. Start by using a large saucepan and pour the oil in and heat pan over medium heat.

Add in the onion, carrot, and saute' until the onion starts to soften or turn translucent. Add tomatoes in for about 7-10 minutes, letting them stew. While sauce is stewing, toss in the oregano and thyme leaves.

Tetsukabuto Squash:

Wash and part dry produce. Preheat the oven to 400°F. Use a large baking sheet lined with foil or an oven-safe dish.

Next, cut your squash carefully using a sharp knife. The best way I found to cut through the squash is by using the tip of the knife and piercing the squash all the way through, choose one direction to rock the knife back and forth and repeat in the other direction.

Once you get your squash halved, use a spoon and scoop out the seeds and save them, dehydrate and eat later. Make sure the inside is clear.

Next brush the interior with oil and season lightly with salt and pepper. Set the cut side down on the baking sheet. Bake for about 40 minutes till the squash's skin can be pierced with a knife.

Meanwhile, prepare quinoa and mix it together with tomato sauce. After the squash is done baking, remove it from the oven and let it cool enough to be able to handle.

After the squash has cooled down enough to handle, move to serving plate. Pour in evenly the tomato sauce mixture and garnish it with vegan cheese and fresh herbs. Serve and enjoy!

Store leftovers in a sealed container in the fridge for up to 7 days.

PORTOBELLO MUSHROOM HASH SAUCER



PORTOBELLO MUSHROOM HASH SAUCER



INGREDIENTS

- ◆ 2-4 tablespoons extra virgin olive oil
- ◆ 2 large portobello mushrooms
- ◆ 3 cups Sibley squash (cubed)
- ◆ 2 celery stalks (chopped)
- ◆ 1 white onion (finely chopped)
- ◆ 2 teaspoons turmeric (ground)
- ◆ 8 oz organic sprouted tofu (cubed)
- ◆ 1/2 English cucumber (use as garnish, thinly sliced)
- ◆ 1 scallion (use as garnish, finely chopped)
- ◆ A handful of fresh arugula (bed of greens)



METHOD

First, wash and pat dry produce. Preheat oven to 400°F.

Next, slice Sibley Squash in half, remove the seeds, and dice squash into cubes. Place the squash cubes onto a baking sheet and drizzle olive oil over and place in the oven for about 30 min.

Meanwhile, use a medium size skillet, and add a tablespoon of extra virgin olive oil to it. Toss in the onions and celery, and sauté them until they turn translucent in color. Add sprouted tofu and turmeric to the pan and stir while juices cook-off.

Remove Sibley Squash from oven (should be able to pierce through it with a fork), and add with other ingredients in a skillet and continue to stir.

Lather portobello mushroom in extra virgin olive oil, and place onto a baking sheet top side facing up.

Keep in oven about 15 minutes, until softened (juices will release).

Remove from oven, serve portobello mushroom upside down onto a bed of arugula. Place the sautéed hash over the top and garnish English Cucumber and Scallions. Enjoy!

Store leftovers in a sealed container in the fridge for up to 7 days.



WARM WALNUT ZUCCHINI BREAD

Naturally Sweet

This warm walnut zucchini bread makes your mouth water with every bite! Try this recipe and enhance the aromas including your favorite spices, seeds, nuts or try adding something a little more robust flavored like extra dark chocolate chunks.

Zucchini is packed with anti-inflammatory properties, vitamin C, and has immense sources of energizing B vitamins. Zucchini has been known to help control symptoms related to diabetes.

Healthy Tip: Including zucchini in your meal consumption is widely known to improve overall digestion.

WARM WALNUT ZUCCHINI BREAD



INGREDIENTS

- ◆ 2 cups shredded zucchini (peeled and shredded)
- ◆ 1/4 cup maple syrup (optional vegan sweetener)
- ◆ 2/3 cup extra virgin olive oil
- ◆ 2 teaspoons gluten-free vanilla extract (alcohol-free)
- ◆ 6-8 tablespoons flaxseeds (ground)/flaxseed meal + .5 cup purified water (egg-replacer)
- ◆ 3 cups almond flour (or choice of gluten-free flour)
- ◆ 2 teaspoons baking soda
- ◆ 1 teaspoon salt
- ◆ 1 teaspoon ground cinnamon
- ◆ 1/2 teaspoon baking powder
- ◆ .5 cup coarsely chopped walnuts



METHOD

First, preheat oven to 350°F. Grease bottom of 9 X 5-inch loaf pan or cupcake pan.

Next, using a large mixing bowl, add the shredded zucchini, syrup, extra virgin olive oil, and vanilla.

Mix separately the egg-replacer in a small container. Set aside and allow to thicken before adding to mixture.

Stir in remaining ingredients except for nuts. Pour into a 9-inch pan or divide into a cupcake pan evenly. Add nuts onto the surface of the mixture

Bake up to 1 hour and 20 minutes, or until a toothpick inserted in center comes out clean.

Remove loaf pan from oven and place upside down on cooling rack. Allow to cool up to 2 hours. Once loaf has cooled enough, it should be easy to remove from loaf pan. Enjoy!

Store leftovers in a sealed container for up to 4 days.





**SCRUMPTIOUS
BANANA
BLUEBERRY
MUFFINS**

SCRUMPTIOUS BANANA BLUEBERRY MUFFINS



INGREDIENTS

- ◆ 1 cup coconut flour (or gluten-free flour)
- ◆ 1 cup gluten-free oats
- ◆ 1 teaspoon baking powder (gluten-free)
- ◆ 1 teaspoon baking soda
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)
- ◆ 1 teaspoon cinnamon (ground)
- ◆ 2 tablespoons flaxseeds (ground)/flaxseed meal + 4 tablespoons water (egg-replacer)
- ◆ 2 ripe bananas (mashed)
- ◆ .5 cup extra virgin olive oil
- ◆ Fresh or frozen blueberries (topping)



METHOD

First, preheat the oven to 350°F.

Next, lightly grease or use muffin liners in a standard muffin tray and set it aside.

Then mix all the ingredients in a medium bowl. I like to use a blender.

Using a tablespoon scoop the batter into greased muffin holders or muffin liners. Fill about halfway. Place blueberries on the top of the batter, before you bake.

Next, place the muffin tray in the oven on the middle rack. Bake for up to 15 minutes or until the edges look slightly browned.

After they are done baking, pull them out and allow them to cool. Leave them in the muffin tray or use a cooling rack. Allow them to cool. After they cool serve and enjoy!

Store leftovers in a sealed container for up to 4 days.

BERRY-LICIOUS CHOCOLATE CAROB MUFFINS



BERRY-LICIOUS CHOCOLATE CAROB MUFFINS



INGREDIENTS

- ◆ 1 ripe banana (mashed)
- ◆ 1 cup gluten-free oats
- ◆ 1 tablespoon flaxseed
- ◆ 1/4 cup raw toasted carob powder
- ◆ 2 tablespoons Molasses
- ◆ 1 teaspoon vanilla extract (alcohol free)
- ◆ 1/4 cup fresh strawberries (mashed)
- ◆ 1/4 cinnamon (ground)
- ◆ 1/4 ginger root (ground)
- ◆ 1/4 nutmeg (ground)



METHOD

First, preheat the oven to 350°F. While the oven is warming prepare the ingredients.

Next, using a medium-size mixing bowl, combined the ingredients until it forms a dough-like consistency.

Then, use a cupcake tin and line it with cupcake liners. Scoop 1" inch in diameter of dough using a tablespoon and drop dough into cupcakes liners.

Next, bake for 25-30 minutes or until the edges are slightly crisp.

Remove from the oven after done baking and allow it to cool. Enjoy right away!

Healthy Tip: This recipe's flavors are complex, sweet, with a chocolaty aroma.

In this creation, I used superfoods that offer healing benefit's to the body, while also helping curb any sweet tooth craving!

Store leftovers in a sealed container for up to 4 days.

MELTED DARK CHOCOLATE BANANA BREAD



INGREDIENTS

- ◆ 3 extra ripe bananas (mashed)
- ◆ 3 cups almond flour (or choice of gluten-free flour)
- ◆ 1/8 cup coconut granules
- ◆ 1/4 cup applesauce (optional)
- ◆ 2/3 cup extra virgin olive oil
- ◆ 2 teaspoons vanilla (alcohol-free)
- ◆ 6-8 tablespoons flaxseed (ground)/flaxseed meal + 1/2 cup purified water (egg-replacer)
- ◆ 2 teaspoons baking soda
- ◆ 1/2 teaspoon baking powder
- ◆ 1 teaspoon ground cinnamon
- ◆ 1/2 cup coarsely chopped walnuts
- ◆ 1 teaspoon Himalayan or Kosher salt
- ◆ 1/4 cup 85% dark chocolate (vegan chocolate chips or baking chocolate)



MELTED DARK CHOCOLATE BANANA BREAD



METHOD

Preheat the oven to 350°F.

Using a fork mash the bananas in a medium-size mixing bowl.

Next, mix together separately the egg-replacer in a small container. Set aside and allow to thicken before you stir them in with bananas.

Add wet ingredients first, then stir in the remaining dry ingredients until ingredients are evenly blended, and add 85% dark chocolate pieces, and continue folding them into the mixture.

Grease a 9 X 5-inch loaf pan with extra virgin olive oil.

Pour mixture into baking dish till evenly distributed. Place baking dish on middle rack in the oven.

Bake for about an hour and 20 minutes. Test with a toothpick, by placing toothpick into the bread and if it comes out clean then it is ready.

Remove from oven and allow to cool before cutting. Enjoy with your favorite vegan butters, spreads, or nut butters.

Store leftovers in a sealed container for up to 4 days.

COCONUT FLAKE & ALMOND BUTTER OAT BAKE COOKIES



COCONUT FLAKE & ALMOND BUTTER OAT BAKE COOKIES



INGREDIENTS

- ◆ 2/3 cup gluten-free oats
- ◆ .5 cup shredded, unsweetened coconut flakes
- ◆ 1/8 teaspoon baking powder
- ◆ 1 teaspoon ground cinnamon
- ◆ 1 cup raw almond butter
- ◆ 1/4 cup coconut oil or extra virgin olive oil
- ◆ 1/4 cup pure maple syrup
- ◆ 2 tablespoons flaxseeds (ground)/flaxseed meal + 1/4 cup water (egg-replacer)
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)



METHOD

Preheat oven to 350°F. Lightly grease or line a baking sheet with parchment paper. Set aside.

Using a small mixing bowl, mix dry ingredients first: oats, coconut flakes, baking powder, and cinnamon.

Next, mix separately the egg-replacer in a small container. Set aside and allow to thicken.

Meanwhile, using a larger mixing bowl mix together wet ingredients: almond butter, oil, maple syrup, egg-replacer, and vanilla extract.

Add dry ingredients together with the wet ingredients. Mix thoroughly.

Next, scoop (2 tablespoons) size portions of dough and place on the baking sheet, spaced evenly apart.

Place baking sheet in oven and bake for 10-15 minutes.

Pull cookies out of the oven and transfer to a cooling rack. Allow to cool. Enjoy!

Store leftovers in a sealed container for up to 4 days.

ALMOND BUTTER PROTEIN COOKIES



ALMOND BUTTER PROTEIN COOKIES



INGREDIENTS

- ◆ .5 cup raw almond butter (softened)
- ◆ .5 cup nut milk
- ◆ .5 cup pea protein
- ◆ 1/4 cup maple syrup
- ◆ 2 tablespoons flaxseeds (ground)/flaxseed meal + 4 tablespoons water (egg-replacer)
- ◆ 1 tablespoon apple cider vinegar
- ◆ 1 tsp baking soda
- ◆ .5 cup raw hazelnuts (finely chopped)
- ◆ A dash of Himalayan or Kosher salt
- ◆ Coconut granules (optional, sprinkling for top of cookies)



METHOD

Preheat oven to 350°F. While the oven is preheating, lightly grease or use parchment paper on the baking sheet.

Next, using a medium-size mixing bowl, mix all ingredients till form into a soft dough.

When the dough is ready, use a tablespoon size amount and place it on the baking sheet, leaving 1" inch room between.

Once the dough is placed onto a sheet, use a fork to press indent into dough lightly, and sprinkle coconut granules over the fork indent.

Now, place in the oven and bake for about 10-12 min. Remove from oven and place on a cooling rack, allowing to cool about 5 minutes before eating. Enjoy!

Store leftovers in a sealed container for up to 4 days.

HAZELNUT OAT FLOUR CHOCOLATE CHIP & MACA COOKIES



HAZELNUT OAT FLOUR CHOCOLATE CHIP & MACA COOKIES



INGREDIENTS

- ◆ 2 tablespoons flaxseeds
- ◆ .5 cup hazelnut milk
- ◆ 1-2 tablespoons Maca powder
- ◆ 1 teaspoon baking powder
- ◆ 1 teaspoon cinnamon (ground)
- ◆ 1/4 cup maple syrup
- ◆ 1/4 coconut oil (melted)
- ◆ 2 cups gluten-free oats
- ◆ 1/4 cup tapioca flour
- ◆ .5 cup mini semi-sweet chocolate chips (vegan)



METHOD

First, preheat the oven to 350°F. While the oven is rising to temperature, line a baking sheet with parchment paper.

Next, using a medium-size mixing bowl start combining the flaxseeds with the hazelnut milk. Allow to thicken and let sit for 3-5 minutes.

Stir in the Maca powder, baking powder, cinnamon, and maple syrup. Melt coconut oil and fold into mixture.

Next, mix gluten-free oats, tapioca flour, and mini semi-sweet chocolate chips together. Mix evenly until forms a dough-like consistency.

Using a tablespoon size amount, scoop mixture onto baking sheet and place dough two inches apart.

Bake for 10 minutes or until the edges are slightly browned. Transfer cookies to the cooling rack, allowing them to cool before you eat.

Store leftovers in a sealed container for up to 4 days.

SHORTBREAD COOKIES



SHORTBREAD COOKIES

Citrus Aromas

My delectable shortbread cookies are the best shortbread cookies on the west coast. I may be a little biased, and who wouldn't love a piece of heaven with their morning tea or coffee?

My purest intention in this creation was to introduce a slightly brilliant taste into the flavor palate in each baked cookie.

Each cookie resembles a plant-based/vegan-inspired crumbly sensation of a medieval biscuit bread that is packed with hints of the citrus burst of flavors in every bite.

SHORTBREAD COOKIES



INGREDIENTS

- ◆ .5 cup coconut oil (room temperature)
- ◆ 1/3 cup agave nectar
- ◆ 1.5 cups rice flour (or your favorite gluten-free flour)
- ◆ 3/4 cups tapioca starch
- ◆ 1/4 teaspoon vanilla extract (gluten-free)
- ◆ 1 lemon or orange (zest from the rind)
- ◆ A pinch of Himalayan salt or Kosher salt



METHOD

First, preheat the oven to 350°F. While the temperature is rising to temperature, prepare the rest of the ingredients.

First, lightly grease or line a baking sheet with parchment paper. Use a medium-size mixing bowl to begin mixing your ingredients.

Next, knead together the ingredients with your hands until flour forms a dough-like consistency. (The dough should not be too sticky. If it is sticky add 1-2 tablespoons of flour to make it drier).

Grate the lemon/orange zest (peel) into the dough and knead the dough until evenly blended.

Roll the dough and flatten by using two sheets of parchment paper with 1/2" inch thickness.

Use a cookie cutter and carefully transfer mold to the baking sheet. Bake for about 10 minutes or until edges turns slightly golden.

Remove from oven and place cookies on a cooling rack until cool enough to handle. (Cookies will harden within a few minutes, so do not overbake).

Enjoy cookies with a cup of tea or your favorite beverage!

Store leftovers in a sealed container for up to 4 days.

GLUTEN-FREE OAT FLOUR THUMBPRINT COOKIES



INGREDIENTS

Cookies:

- ◆ 1.5 cups gluten-free oat flour
- ◆ 2 Tablespoons raw Carob powder (chocolate alternative)
- ◆ 1 Tablespoons date syrup (optional)
- ◆ 1/4 cup raw walnut butter (or your favorite nut butter)

Chocolate Frosting:

- ◆ 2 tablespoons raw Carob powder
- ◆ 4 tablespoons raw date syrup

GLUTEN-FREE OAT FLOUR THUMBPRINT COOKIES



METHOD

Preheat your oven to 350°F.

Using a medium mixing bowl add wet ingredients together first and mix in the remaining. Mix till evenly combined till it forms a clumpy dough.

Using a tablespoon amount, scoop dough and roll lightly between your palms.

Place rolled dough on to a baking sheet lined with parchment paper. Make sure spacing is about 1/2" inch apart.

Next, pressing lightly with your thumb in the center of each rolled piece of dough, rolling it one way first, and then the other direction to make a heart shape indent.

Now it's time to bake. Place cookies into the oven on the middle rack, and bake for no more than 8 minutes.

Meanwhile, using a small cup (in this recipe I like to use a 1/4 measuring cup) to mix the chocolate frosting. Consistency should be thick and molten. Voila!

Store leftovers in a sealed container for up to 4 days.



WAFFLE ICE CREAM WITH CARAMELIZED BANANAS



WAFFLE ICE CREAM WITH CARAMELIZED BANANAS



INGREDIENTS

- ◆ 1-2 Dark chocolate chip waffles
(Natures Path Organic brand)

Caramelized Bananas:

- ◆ 1 large ripe banana
- ◆ 3 tablespoons maple syrup
- ◆ 1 tablespoon extra virgin olive oil

Toppings:

- ◆ 1-2 scoops dairy-free ice cream
(Ben & Jerry's coffee caramel fudge)
- ◆ A handful of raw walnuts (chopped)

*Prepare the caramelized bananas first before
preparing other ingredients*



METHOD

First, pour extra virgin olive oil and maple syrup in a small skillet on low heat.

Next, peel banana. Then, chop banana into 1/4" inch slices and add into the skillet. Cook and stir occasionally.

Continue to heat for about 3-5 minutes till syrup forms little bubbles and banana turns golden brown.

Meanwhile, place waffles into toaster and brown them to your liking.

When done, place waffles onto a small plate, top with your ice cream, caramelized bananas, and walnuts. Voila!

WARM CARMELIZED APPLES



WARM CARAMELIZED APPLES



INGREDIENTS

- ◆ 2 pink lady apples (washed, peeled, and cored
You can leave the peel on to absorb its important vitamins/nutrients).
- ◆ 2 tablespoons agave (or vegan sweetener)
- ◆ 1/4 teaspoon cinnamon (ground)
- ◆ 2 lemons (juice)
- ◆ 1 tablespoon extra virgin olive oil



METHOD

First, wash, peel and core the apples (you can leave the peel on for added nutrients). Chop apple into 1/4" inch slices. Set aside.

Next, heat a tablespoon of extra virgin olive oil in a small sauce pan on medium heat. Add apple slices into pan, stirring occasionally, and cook until soft.

Next, stir in agave, cinnamon, and lemon juice. (Consistency should be thick and syrupy).

Continue to heat for about 5 minutes. Syrup should form little bubbles and then you can remove from heat! Enjoy as is, or simply use as a tasty topping!

Store in glass sealed jar or container in the fridge for up to 30 days.



JACLYN'S BLUEBERRY SYRUP



JACLYN'S BLUEBERRY SYRUP



INGREDIENTS

- ◆ 1 pint fresh blueberries or frozen (1.5 cup)
- ◆ 2 tablespoons organic powdered sugar
- ◆ 1 lemon (juice)
- ◆ .5 cup purified water



METHOD

Using a small sauce pan, mix in ingredients and bring to a slow rolling boil and keep on low heat.

Cook uncovered for 15-20 minutes or until the mixture is thickened.

Cool at room temperature. Enjoy!

Pair with your favorite vegan breakfast or desserts.

Store in glass sealed jar or container in the fridge for up to 30 days.





**NO BAKE
TROPICAL -
CHEESECAKE**

NO BAKE TROPICAL CHEESECAKE (RAW VEGAN DESSERT)



INGREDIENTS

Crust:

- ◆ .5 cup pepitas (chopped)
- ◆ 1 cup gluten-free oat flour (finely ground)
- ◆ 2/3 cups shredded, unsweetened raw Coconut flakes
- ◆ 2 tablespoons coconut oil (melted)
- ◆ 1/4 cup maple syrup
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)

Cheesecake Filling:

- ◆ 1 cup + 4 tablespoons raw hazelnuts (sprouted)
- ◆ A 14 oz can full cream condensed coconut milk (must use full-cream otherwise it won't be creamy)
- ◆ 1 cup shredded, unsweetened raw coconut flakes
- ◆ 2 tablespoons vegan sweetener (maple syrup)

Tropical Fruit Puree:

- ◆ 3 cups frozen fruit (mango, pineapple, strawberries) + 2 tablespoons of vegan sweetener

Garnish:

- ◆ Frozen blueberries



METHOD

First, lightly grease (with coconut oil) an 8- or 9-inch pie pan, glass Pyrex, or another baking pan. If you sprouted your nuts or seeds, drain them before adding them to the blender.

Put crust ingredients into a blender and turn on chop setting, and continue to process until the crust is evenly blended. Consistency should be crumbly and sticky.

Remove the crust ingredients from the blender, and then press evenly into the bottom of the pan. Place pan into the freezer, allowing the crust to set while you prepare the filling.

Next, prepare the filling. Add the seeds into the blender first, turn blender on and pulse the seeds till they form a grain-like consistency. Add the remaining ingredients and blend until smooth.

Remove the pan from the freezer, and pour the creamy filling evenly over the top of the crust. Place the pan back into the freezer for up to 4 hours.

When finished, remove approximately 15 min before serving. Add my homemade warm caramelized apples, blueberry syrup, or your favorite toppings, or garnishes.

If you are adding puree topping, this can be done after you have removed the pan from the freezer to serve. Add ingredients into the blender slowly pureeing them till they are liquified. Transfer desired portion over the top of your piece of cake. Enjoy!

Store leftovers up to 60 days, covered in the freezer.

NO BAKE CHOCOLATE CAKE





INGREDIENTS

Crust:

- ◆ 1 cup raw hazelnuts
- ◆ 1/4 cup raw almond banana nut butter (or your favorite nut butter)
- ◆ 1 cup gluten-free oat flour
- ◆ 2 scoops of organic coconut protein powder
- ◆ 2 tablespoons coconut oil (softened)
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)
- ◆ 2 tablespoons maple syrup (or vegan sweetener)

Filling:

- ◆ 1 cup raw hazelnuts
- ◆ .5 cup raw cashews
- ◆ A 14 oz can full cream condensed coconut milk (must use full-cream otherwise it won't be creamy)
- ◆ 1 teaspoon gluten-free vanilla extract (alcohol-free)
- ◆ 3 tablespoons Carob powder

Topping:

- ◆ 2 single servings of dairy-free yogurt (I used Kite Hill Blissful Creamy Coconut Milk Yogurt, Strawberries & Crème brand) + 2 teaspoons gluten-free vanilla extract (alcohol-free)
- ◆ 8 oz sliced strawberries + 1 tablespoon date syrup



METHOD

First, lightly grease (with coconut oil) an 8- or 9-inch pie pan, glass Pyrex, or another baking pan. If you sprouted your nuts or seeds, drain them before adding them to the blender.

Put crust ingredients into a blender and turn on chop setting, and continue to process until the crust is evenly blended. Consistency should be crumbly and sticky.

Remove the crust ingredients from the blender, and then press evenly into the bottom of the pan. Place pan into the freezer, allowing the crust to set while you prepare the filling.

Next, prepare the filling. Add the seeds into the blender first, turn the blender on and pulse the seeds till they form a grain-like consistency. Add the remaining ingredients and blend until smooth.

Remove the pan from the freezer, and pour the creamy filling evenly over the top of the crust. Place the pan back into the freezer for up to 2 hours. Meanwhile, prepare your toppings.

Wash strawberries before use, and thinly slice into small pieces. Add to a separate bowl with the date syrup and mix together, and let the juicy aromas to build. Set aside.

Next, once filling layer has hardened on the surface, take cake out of the freezer. Add dairy-free yogurt and vanilla extract in a separate bowl, mix well, then transfer mixture over the top evenly. Then add strawberries over the top. Transfer cake to freezer for another 3 hours, for the yogurt topping to harden thoroughly.

When finished, remove approximately 15 min before serving. Enjoy!

Store leftovers up to 60 days, covered in the freezer.



Up to 30% of The World's Population is Affected By Celiac Disease. Have you thought about going gluten-free?

Avoiding Gluten

Going completely gluten-free can be challenging to obtain. Avoiding gluten products is more than giving up traditional meals containing bread, cereals, pasta, pizza, and beer. Other food products on the shelves, including frozen food, vegetables, fruits, and some spices contain additives and hidden preservatives with gluten.

These hidden substances are listed as "corn syrup" and/or "natural flavorings". These contents can also be found listed in the ingredients of sauces, soy products, spices, and even some medications. If your choosing to go gluten-free, it's very important to understand that you may set yourself up for nutritional deficiencies because most products made containing gluten in the US are fortified with sources of vitamin B. Three million of the world's population has been affected by gluten Celiac Disease or Gluten Intolerance.

Celiac Disease Affecting up to 30% of The World's Population

According to Final Regulatory Impact Analysis by FDA in 2021, the census report of Celiac Disease has affected nearly 30% **of the world's population**. When people with Celiac ingest gluten (a protein found in wheat or barley), sends an immune response that attacks the small intestine. These attacks lead to damage on the villi, small finger-like projections that line the small intestine, that promote nutrient absorption.

When the villi get damaged, nutrients cannot be absorbed properly into the body. The only treatment currently for Celiac Disease is a strict, gluten-free diet. Most patients report symptom improvement of digestion within a few weeks, although intestinal healing may take several years.

Removing Gluten From Your Diet

Proteins found in wheat-like grains and other related spices should be avoided. They contain wheat, barley, or rye.

Wheat has many forms, so it is important to read labels. Any of these other forms of grains need to be avoided including bulgur, durum, graham, kamut, spelt, and semolina.

Alternative Grains & Plant-Based Sources

You can find alternative grains that are grain-like that come from plants. Corn in all forms (corn flour, corn meal, grits). Rice in all forms (white, brown, wild, basmati). Amaranth, arrowroot, buckwheat, (kasha), cassava, flax, millet, quinoa, sorghum, soy, tapioca, and Teff.

You can find flours made with gluten-free grain, raw nuts, beans, and coconut. To ensure your stay clear of gluten products, find labels indicating gluten-free to avoid cross-contamination.

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STRUGGLING WITH FOOD ALLERGIES FROM A YOUNG AGE, JACLYN RAE, FOUNDER OF JACLYN CREATIONS, DISCOVERED THE HEALTH BENEFITS OF A PLANT-BASED/VEGAN DIET OVER EIGHT YEARS AGO. HIGHLY ALLERGIC TO ANIMAL PROTEIN, JACLYN BEGAN A LIFELONG JOURNEY THAT HAS LED HER TO BECOME A NUTRITIONIST, WORLDWIDE AUTHOR, AND ADVOCATE FOR CRUELTY-FREE FOOD CONSUMPTION.

JACLYN RAE IS A VEGAN HEALTH CONSULTANT IN PORTLAND OREGON, AND HELPS HER CLIENTS WITH STRATEGIES TO MAKE THEIR HEALTH A PRIORITY. HER EXPERIENCE IN NUTRITION IS THE FOUNDATION FOR YOUR SUPPORT AS WELL AS LIFESTYLE INTEGRATION. SHE PROVIDES HER CLIENTS PERSONALIZED PLANT-BASED RECIPES ALONGSIDE HER BIO-INDIVIDUALIZED PROGRAMS, EDUCATING HER CLIENTS ON HOW TO LIVE THEIR BEST LIFE.

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