

Jay
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— MY TOP FIVE —

Favourite Recipes

MINI E-BOOK

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My name is Jay Halford and I'm on a mission to take people back to eating the way we all used to – getting us back to those times before the world went crazy for over-processed, fast and convenience food!

I'm a chef, a teacher and a foodie and over the past 10 years of being a chef, I have changed my diet completely; the way I eat, my views around food and what food has become.

Thank you for showing interest in my brand new ebook! I have created this ebook with 5 of my real favourite recipes that use all the time in my everyday life. I picked my favourites because if I love them, then there is a good chance you're going to love them too. By making food you enjoy cooking it inspires you to keep up the good habit and further improve your skills.

Whether this is literally the very beginning and you are only just starting to make changes to your diet and life, or you're already there and looking for more recipes to add to your repertoire, I want to help you to do this more and more each day.

What was the first thing that you were taught as a child about diet?

“EAT YOUR FRUIT AND VEGETABLES! EAT YOUR 5-A-DAY!”

This is the first thing that we ever get taught, and the main thing we forget as adults when trying to live and eat well in our busy lives. This is really the only thing that makes sense to me and what I live by. [Read more about my journey.](#)

As long as we are eating high-quality, natural live foods in the majority of our diets; the rest will come naturally. For me, food isn't about calorie counting. It's far more than that. Food is nourishment; it's about giving people the knowledge they may not have access to so easily. I'm not a nutritionist, by any means, but I am a chef. A chef that can show you how to make amazingly tasty food that you both desire and enjoy. Food that you can enjoy making as well as eating.

So here we go.....

Five of my favourite ingredients and why i love using them!

Since raw food is uncooked, it's often described as a "boring bowl of salad" that lacks in flavour. Because you are not cooking the food, it's admittedly a lot harder to get flavour into it and many very simple things get missed. So, you may be wondering how I manage to get my raw dishes to taste so good (if I don't mind saying so myself)... If so, read on!

These ingredients will give your raw food dishes so much flavour, leaving you and your friends amazed at the results.

Looking for Ingredients?
If you don't have some of the ingredients here, click the [ingredient name](#) to buy them!

[Apple Cider Vinegar:](#)

This is amazing stuff, I use it in all sorts of savory food. It's great for salad dressings, marinades and sauces.

It's also great for enhancing other flavours too. When making raw cakes, for example, I will sometimes just add a drop of it (literally just a drop) to enhance the flavour of a chocolate orange cake, for example.

Apple cider vinegar also has great health benefits and is an alkaline vinegar, meaning it's also fermented.

[Cinnamon:](#)

Amazing for enhancing sweet dishes and adding flavour to things like cakes, chocolates and nut creams. It's also great for our blood sugar levels and cardiovascular health.

My [Homemade Almond Milk](#) is heavily flavoured with cinnamon, it's one of my favourites.

Lemon Juice:

Lemon juice is a great way to draw out the flavour of foods and is a very good source of vitamin C and potassium. Lemon juice is perfect for sprucing up a salad or dressings.

[Liquid Aminos:](#)

Liquid aminos is basically a GMO and wheat-free version of a soy sauce, yet has a very similar flavour. I use it a lot in asian cooking – it's especially great for marinades and as an asian flavouring with the right herbs and spices. Tamari is also great, but is a bit on the pricey side.

High Quality Salts:

Everyday table salt is highly refined and full of rubbish. Always aim to stick to high-quality organic sea salt, as it provides us with good minerals and vitamins. A favourite of mine is [Pink Himalayan rock salt](#). You will really notice the difference in taste of your food.

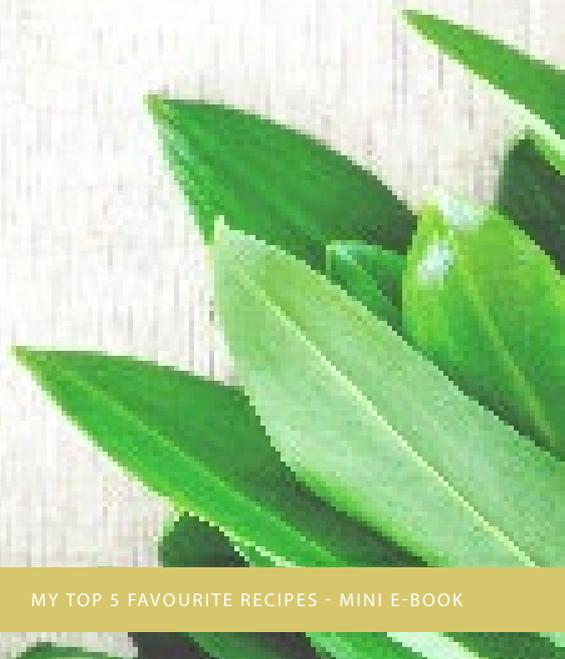
Good high quality organic rock salt is good too, a favourite of mine is [Moulden Sea Salt](#).

Give them a try in some recipes that you use and be sure to let me know how much better it is!

Lets Get Started!

Recipes:

1. Buckwheat and Cinnamon Pancakes
 2. Creamed Tomato and Cashew Nut Soup
 3. Seeded Crackers with Sundried Tomato and Sage
 4. Sweet Potato and Pomegranate Salad
 5. Chocolate and Avocado Cake
- + Bonus Smoothie Recipe!





Buckwheat and Cinnamon Pancakes

What better way to celebrate breakfast than with these amazingly healthy Buckwheat and Cinnamon Pancakes? Really quick and easy to make, they're gluten free and vegan too.

Ingredients:

- 50g of [Fine Buckwheat Flour](#)
You can also use just normal plain gluten free flour if you don't have buckwheat
- 40g of [Fine Desiccated Coconut](#)
- 20g of [Coconut Palm Sugar](#)
- 1 teaspoon of [Ground Cinnamon Powder](#)
- 1 teaspoon of [Gluten Free Baking Powder](#)
- 1 pinch of [Pink Himalayan Salt](#)
- 80ml of Homemade Almond Milk or KOKO Coconut Milk if you want to save time on making your own.
[Learn to make Almond Milk here!](#)

Directions:

- Place all of the dry ingredients into a small mixing bowl.
- Add in the fresh almond milk or KOKO coconut milk.
- Whisk the mix together really well.
- Leave it to stand for 5 minutes for the baking powder to react with the liquid. This will ensure the batter starts to thicken and it will also help it rise, giving it that fluffy texture when it's cooked.
- Ladle the mix (one at a time) into a hot, nonstick frying pan. As long as your pan is nonstick, you won't need any extra oil to cook the pancakes in.
- Cook on one side until golden brown and you will notice bubbles coming through the other side.
- Flip the pancakes over and cook for a further 2 minutes on this side.
- Serve and garnish with a topping of your choice.

Topping Tip: I love to chop up a whole banana and top the pancakes, also adding a little coconut nectar and finally chopped pecans. Fresh berries are also great!

Looking for Ingredients?

If you don't have some of the ingredients here, click the [ingredient name](#) to buy them!



Creamed Tomato and Cashew Nut Soup

Makes 4 portions of soup.

Ingredients:

- 2 Whole Plum Tomatoes
- 1 Whole Red Pepper
- 5 [Sundried Tomatoes](#)
- 100g of [Cashew Nuts](#)
- 1 small handful of Fresh Basil
- 1/2 a Red Chilli
- 1 clove of Fresh Garlic
- 1/2 of a small Red Onion
- 30g of [Nutritional Yeast Flakes](#)
- 1 teaspoon of [Sweet Smoked Paprika](#)
- 10ml of [Tamari or Liquid Aminos](#)
- 10ml of [Apple Cider Vinegar](#)
- 50ml of Filtered Water

Looking for Ingredients?

If you don't have some of the ingredients here, click the [ingredient name](#) to buy them!

Directions:

- Quarter the tomatoes.
- De-seed and quarter the red pepper, removing the inner white parts.
- Add the tomatoes into the blender jug first, they have a high water content so blending them first at the bottom will avoid having to add any extra water into the soup to blend the rest of the ingredients.
- Place all of the rest of the ingredients on top of the tomatoes all at once and pack them down.
- Blend on a high speed until the soup is super creamy and smooth.

Tip: This soup recipe can be made in any blender, but to get the best creamy texture I recommend using a high speed blender, such as the [Vitamix Aspire](#).



Seeded Crackers with Sundried Tomato and Sage

Makes one large baking tray full, which is roughly 8/10 portions.

These will store very well in an airtight container.

Ingredients:

- 50g [Flaxseed](#)
- 25g [Chia Seeds](#)
- 25g [Sunflower Seeds](#)
- 25g [Pumpkin Seeds](#)
- 25g [Sesame Seeds](#)
- 20g of [Sundried Tomatoes](#)
- 2 sprigs of Fresh Rosemary
- 10 leaves of Fresh Sage
- 1 pinch of [Pink Himalayan Salt](#)
- 500ml of Filtered Water

Looking for Ingredients?

If you don't have some of the ingredients here, click the [ingredient name](#) to buy them!

Directions:

- Rehydrate the sundried tomatoes in water for one hour. Once hydrated, drain and rinse.
- Preheat your oven to 180°C.
- Finely chop the rosemary and sage.
- Add all of the ingredients together into a large mixing bowl and soak the mix for a minimum of two hours.
- The seeds will become gelatinous - the longer you soak them for the thicker they will become.
- Line a baking tray with non-stick baking parchment.
- Pour the seed mix onto the baking parchment and with a pallet knife spread as thinly as you possibly can.
- Place in your oven for 15 minutes to cook.
- After 15 minutes take out the crackers, flip them over and remove the baking parchment. Then cook on the other side for another 10 minutes.
- Remove them from the oven and take them off the tray to allow them to cool down.
- Once they are completely cool you can break them up into pieces.

Tip: If you want perfectly shaped crackers, mark mark them with lines before they go into the oven. This will make them a more uniform, as you can easily break them down the lines that you have created, providing perfectly shaped crackers.

Tip: If you don't use nonstick baking parchment, the crackers will stick really easily. I always use [Silpat Mats](#) when making my crackers, they are great and will make sure your crackers come out 100% every time.



Sweet Potato and Pomegranate Salad

Makes two main sized bowls.

Ingredients:

Salad

- 1 large Sweet Potato
- 1 whole Pomegranate
- 2 heads of Pak Choi
- 200g of Beansprouts
- 1 small Red Onion
- 2 cloves of Fresh Garlic
- [Pink Himalayan Salt](#)
- Ground Black Pepper
- 1 teaspoon [Smoked Paprika](#)

Dressing

- 80g of [Cashew Nuts](#)
- 1/2 a Red Chilli
- 2 cloves of Garlic
- 1 small handful of Fresh Coriander
- 50ml of [Cold Pressed Sesame Oil](#)
- 20ml of [Tamari or Liquid aminos](#)
- 10ml [Apple Cider Vinegar](#)
- 10g [Coconut Palm Sugar](#)
- 100ml filtered water
- 1 teaspoon [Smoked Paprika](#)
- 1 teaspoon Ground Cumin

Looking for Ingredients?

If you don't have some of the ingredients here, click the [ingredient name](#) to buy them!

Directions:

For the Salad

- Peel the sweet potato.
- Cut into a 1cm sized dice.
- Place onto a baking tray with a little cold pressed olive oil, smoked paprika, salt and pepper.
- De-seed the pomegranate.
- Thinly slice the pak choi, red onion and garlic.
- In a hot frying pan add a little splash of olive oil and fry off the onion and garlic until slightly coloured, then add in the pak choi. Simply fry this for one minute, then take your pan off the heat and just allow it to wilt down.
- Once the sweet potato is cooked, add this into your pan and add your pomegranate and beansprouts too.
- Place into a mixing bowl and mix with two tablespoons of the dressing below.

For the Dressing

The dressing will make enough for around 10/15 portions and will store really well in the fridge.

- Blend all of the ingredients together for 1-2 minutes until super smooth. Pour over the salad to dress it.

Tip: To de-seed the pomegranate quickly, cut it in half and turn it over so that the skin is facing you, then simply bash with a spoon into a bowl. All the seeds should just drop out.



Chocolate and Avocado Cake

Makes one 14" round cake ring.

Ingredients:

The Base

- 75g of [Buckwheat Groats](#)
- 75g of [Whole Almonds](#)
- 15 [Whole Dates](#)
- 20ml of melted [Cold-Pressed Coconut Oil](#)
- 20ml [Coconut Blossom Nectar](#)
- 1 teaspoon of [Cinnamon](#)
- 1 pinch of [Pink Himalayan Salt](#)

The Topping

- 500g [Cashew Nuts](#)
- 100ml of melted [Cold-Pressed Coconut Oil](#)
- 50ml of [Coconut Blossom Nectar](#)
- 1 Whole Avocado
- 5 tablespoons of [Raw Cacao Powder](#)
- 1 teaspoon of [Ground Cinnamon](#)
- 1 teaspoon of [Ground Nutmeg](#)
- 200ml of Homemade Almond Milk or KOKO Coconut Milk if you want to save time on making your own.

[Learn to make Almond Milk here!](#)

Looking for Ingredients?

If you don't have some of the ingredients here, click the [ingredient name](#) to buy them!

Directions:

Making the Base:

- Blend the buckwheat and almonds into a fine flour, as fine as you can get it.
- Add in the salt and cinnamon and give another quick pulse to mix it in.
- Add the dates and blend until they are fully mixed (you may need to stop and start a few times when doing this, depending on your blender).
- Place this mix into a mixing bowl and add the coconut oil (in liquid form) and coconut blossom nectar.
- With your hand, mix together really well until the mix forms a sticky dough.
- Line a tray with greaseproof paper and place your cake ring on top.
- With a damp hand, press the base mix into your cake ring evenly. Pressing down and compacting it as much as you possibly can.
- Place the base into the fridge whilst you make the next layer of the cake.

Making the Topping

- Soak the cashew nuts for one hour to soften them.
- Melt the coconut oil by placing the jar in some hot water.
- Prep your avocado.
- Place all of the ingredients together in your blender.
- Blend really well until the mix is completely smooth.
- Pour it into your cake ring and leave in the fridge to set.

Tip: These cakes also freeze really well, so they're great for prepping in advance.

Tip: The best blender to get the best cake consistency is of course, my recommended [Vitamix Aspire](#).



Tropical Twist Smoothie

Makes 1 x 500ml glass.

Ingredients:

- 2 whole Golden Delicious Apples
- 1/4 of 1 Unwaxed Lemon
- 1/6 of a Pineapple
- 1 large handful of Fresh Spinach
- 1 large tablespoon of Natural Yogurt (or coconut yogurt to make it vegan)
- 1 whole Banana

Directions:

- Juice the apples, lemon and pineapple.
- Add the juice to the blender jug.
- Blend it with the spinach, yogurt and banana.
- Serving the smoothie over ice is always best, but not 100% necessary.

The juicing and blending bible

So, you're about to get juicing or blending but 'WOAH' there. Trust me when I say, these are tips that I have learned along the way will ensure that your juicing and blending experience is nothing short of perfect.

Bulk it up

Always make a few juices at a time, that way all of your juices will be prepared in advance and you only need to wash up once. It's all about less effort and less time. For the

Steady does it

I know it's a satisfying feeling but do wait until your juicer is up to full speed before you push any ingredients through it. You will be surprised at how much

Looking for more tips and recipes?

In my full Introducing Plant Based E-Book I cover loads of helpful topics just like this and more:

- The benefits to juicing fruits and vegetables
- The benefits of raw foods
- Extras ingredients to add to your juices and smoothies to give them a health kick
- My juicing and blending bible
- Blending vs Juicing facts and benefits
- My recommendation of the best blenders and juicers

As well as this there is also **20 new food recipes** and **14 extra juice and smoothie recipes** to try out.

Click the button below and use promo code: PLANTBASED to receive 15% discount.

Discount price: £13.59

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