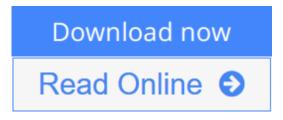


Deliciously Ella: Awesome Ingredients, Incredible Food That You and Your Body Will Love

By Ella Woodward



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From the founder of the wildly popular food blog *Deliciously Ella*, 120 plant-based, dairy-free, and gluten-free recipes with gorgeous, full-color photographs that capture the amazing things we can do with natural ingredients.

In 2011, nineteen-year-old Ella Woodward was diagnosed with a rare illness that left her bed-ridden, in chronic pain, and plagued by heart palpitations and headaches. When conventional medicine failed her, Ella decided to change her diet. She gave up meat, gluten, dairy, sugar, and anything processed—and the effects were immediate: her symptoms disappeared, her energy returned, and she was able to go off all her medication. A self-confessed sweet tooth, Ella taught herself how to make delicious, plant-based meals that delight the palette and improve overall well-being.

Deliciously Ella is an essential, how-to guide to clean, plant-based eating, taking you through the best ingredients and methods for preparing easy, exciting meals. This is not a diet—it's about creating a new mindset that embraces fantastic food. From sweet potato brownies to silky chocolate mousse and roasted butternut squash risotto and homemade fries and ketchup, Ella shares 100 brand-new recipes and twenty classics in her signature, elegant style. Packed with vivid photos and simple, foolproof instructions, Deliciously Ella provides a foundation for a pure, unprocessed, unrefined diet, so you can look and feel better while enjoying great food.





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Editorial Review

Amazon.com Review

Featured Recipes from Deliciously Ella



Download the recipe for Sweet Potato Wedges



Download the recipe for Warm Winter Salad



Download the recipe for Raw Brownies

Review

"Ella Woodward is deliciously magnificent! Her recipes are out of this world, and her wellness philosophy is life-changing. I adore this scrumptious cookbook and am so grateful for Ella's inspiring work." (Kris Carr, New York Times bestselling author of "Crazy Sexy Diet")

"[Ella's] blog has become cult reading for anyone looking for simple and delicious food that's healthy but not preachy." (*Grazia Daily*)

"Ella's Instagram is packed full of vibrant coloured dishes with heaps of fresh vegetables, as well as lots of great ideas for smoothies and healthy breakfasts." (*Red magazine*)

"Ella is an example of a blogger who is going stellar." (*The London Times*)

"Ella's debut cookbook is a must-read. With a feast of over 100 brand-new recipes, from energizing breakfasts to sweet treats... your new and natural food journey starts here. As well as working with whole foods and ingredients that your body will love, Ella tells the story of why she started eating this way. One of a kind." (*Heat Magazine*)

"A healthy and delicious cookbook." (Self)

"[Readers] will devour this accessible and inventive compilation." (Publishers Weekly)

About the Author

Ella Woodward-Mills is all about embracing healthy living. In addition to her debut cookbook, *Deliciously Ella*, the bestselling debut cookbook ever in the UK, she is also the author of *Deliciously Ella Every Day*; *Deliciously Ella, Smoothies and Juices*; and *Natural Feasts*. Ella's blog gets over six million hits a month, her app has been a bestseller more than a year, and she has nearly 500,000 Instagram followers. Ella's philosophy is all about showing that healthy living is fun and enjoyable; it's not about deprivation or starvation.

Users Review

From reader reviews:

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