



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

By Ella Woodward

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

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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**Deliciously Ella: Awesome Ingredients, Incredible Food That You and Your Body Will Love** By Ella Woodward **Bibliography**

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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**

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#### **Lula Estes:**

Information is provisions for those to get better life, information these days can get by anyone at everywhere. The information can be a expertise or any news even a huge concern. What people must be consider whenever those information which is within the former life are challenging to be find than now is taking seriously which one works to believe or which one the actual resource are convinced. If you obtain the unstable resource then you understand it as your main information we will see huge disadvantage for you. All those possibilities will not happen inside you if you take *Deliciously Ella: Awesome Ingredients, Incredible Food That You and Your Body Will Love* as your daily resource information.

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#### **Patricia Howland:**

This *Deliciously Ella: Awesome Ingredients, Incredible Food That You and Your Body Will Love* is new way for you who has intense curiosity to look for some information as it relief your hunger details. Getting deeper you onto it getting knowledge more you know or perhaps you who still having tiny amount of digest in reading this *Deliciously Ella: Awesome Ingredients, Incredible Food That You and Your Body Will Love* can be the light food for you because the information inside this particular book is easy to get by simply anyone. These books produce itself in the form and that is reachable by anyone, yep I mean in the e-book web form. People who think that in publication form make them feel sleepy even dizzy this book is the answer. So you cannot find any in reading a guide especially this one. You can find what you are looking for. It should be here for a person. So , don't miss it! Just read this e-book style for your better life and also

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