

# Read Deliciously Ella Every Day: Simple Recipes and Fantastic Food for a Healthy Way of Life Read Online

## Information:

**Author:** *Ella Mills Woodward*

**Format:** *256 pages*

**Dimensions:** *177 x 245mm*

**Publication date:** *21 Jan 2016*

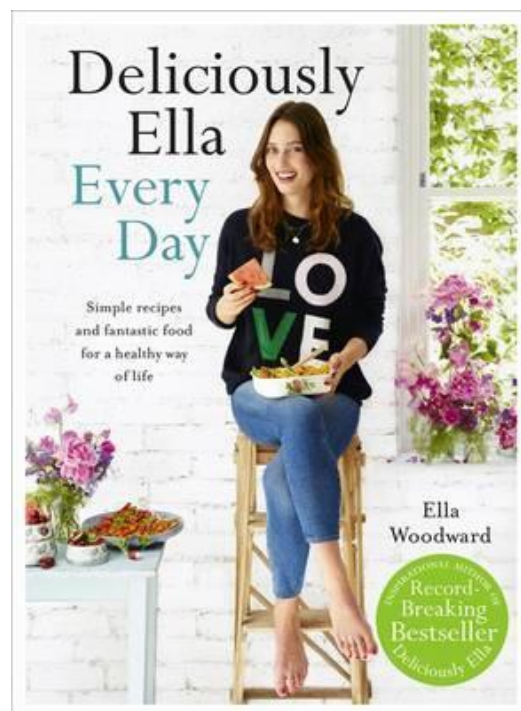
**Publisher:** *Hodder & Stoughton General Division*

**Imprint:** *Yellow Kite*

**Release location:** *London, United Kingdom*



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## Plot:

The new book by the record-breaking bestselling author of *Deliciously Ella*! The *Deliciously Ella* way of eating isn't about following a diet, it's about enjoying delicious, natural food to help you look and feel your best. Luckily, Ella understands that nourishing your body with wholesome ingredients needs to fit in with your existing lifestyle and not feel like something difficult, which is why she has written this book - to help you make the right choice every time and start to glow from the inside out. With *Deliciously Ella Every Day*, her easy-to-make food will become a natural part of your life. Ella's much-awaited second book is packed with 100 more of her trademark simple yet tempting plant-based, dairy-free and gluten-free recipes. Be inspired by her quick weekday dinners, slow-cook comfort food designed to be shared, amazing colourful salads and incredible food to take with you when you're on the go. Add to these a selection of easy yet delicious breakfast options and smoothies, an array of sweet treats and a variety of soothing drinks - and this may just be Ella's best collection yet. Featuring the top ten rules for living the *Deliciously Ella* way, lists to help you get organised, plus tips and tricks to help you get ahead, this is the cook book you've been waiting for to help you get

your life and your health on track - with zero hassle.

## Recommendations:

### Review quote

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, Crazy Sexy Diet The food writer everyone's talking about. Daily Telegraph We've all gone crazy for Deliciously Ella ... She has become the biggest thing in healthy eating. The Times If you ever need living, breathing proof of the power of food to transform lives, Ella Woodward is your girl ... In a fad diet-obsessed age, it's Woodward's balanced, holistic approach to food that's so refreshing. Radio Times A food blogging sensation and an inspiration. BBC Radio 2 - Steve Wright Her blog has become cult reading for anyone looking for simple and delicious food that's healthy and not preachy. Grazia Daily Ella is an example of a blogger who is going stellar. The Times The Queen of clean eating. Red magazine The 23-year-old who is converting the world to healthy eating ... The reality of her story and reasons for writing the blog resonate with her audience. Ella is no Gwyneth Paltrow, proclaiming that we must drink dandelion juice because it is today's detox fashion. She is just a normal girl who stumbled on a way to help herself recover from serious illness and wants to share her secrets. Daily Telegraph Deliciously Ella's uncomplicated approach to healthy cooking has made her an online superstar ... If there's one person who stands out from the ranks of the healthy-eating gurus, it's Ella Woodward. Red magazine The girl who ate herself well ... One of the major figure of the healthy-eating movement, Ella is an inspiration not just to those who have been ill, but also to those who simply want to eat to feel healthier and more energised. Grazia Healthy eating doesn't have to leave you feeling deprived ... Her recipes are not only good for you, they're easy and incredibly tasty too. Image

### About Ella Mills Woodward

Ella Woodward is the author of must-read food blog [www.deliciouslyella.com](http://www.deliciouslyella.com). Still only 25 years old, she has created a hugely successful app to accompany

the blog, opened The Mae Deli in two central London locations and launched her own line of energy balls. Ella's debut book *Deliciously Ella* was a number 1 bestseller when it was first published in January 2015, becoming the fastest selling debut cookery book since records began. It was also named as Amazon's biggest selling book of 2015. She was awarded a prestigious Observer Food Monthly award for Best Food Blog 2015. Her follow-up book, *Deliciously Ella Every Day* has been another hit bestseller. Ella discovered her passion for plant-based recipes after being diagnosed with a rare illness called Postural Tachycardia Syndrome (PoTS). She couldn't walk down the street, slept for 16 hours a day and was in chronic pain most of the time. Conventional medicine failed to help her, so she decided to completely overhaul her diet and overnight the self-confessed 'sugar-monster' gave up meat, gluten, dairy, sugar and all processed food. The results were incredible. Though initially far from confident in the kitchen, Ella started blogging about her new approach to food and posting recipes, and quickly amassed a huge online following.

## **Review Text**

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, *Crazy Sexy Diet*