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Review: Deliciously Ella by Ella

Woodward Publication Date: 3rd March

2015 Publisher: Scribner book Company

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ISBN: 978-1476793283 Source: Netgalley

Synopsis: From sumptuous desserts, to food on the go, delicious dips, raw treats and rainbow bowls of awesome veggies, Ella's philosophy is all about embracing the natural foods that your body loves and creating fresh, simple dishes which are easy to make and taste amazing.

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Author: Ella Woodward: Publisher: Simon
and Schuster, 2015: ISBN: 1476793301,

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Internationally bestselling author of
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Ella. by Ella Mills (Woodward) Categories: Spice / herb blends & rubs; Cooking ahead; Gluten-free. Ingredients: rosemary; thyme; lemons; cumin seeds; rock salt. 0.

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recipes — by bestselling author Ella Mills. Ella's latest book features the most popular, tried and tested recipes from her supper clubs, pop-ups and deli to show how delicious and abundant plant-based cooking can be.

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amazing things we can do with natural ingredients.

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Over 100 Vegan Recipes. Ella ' s new collection shows us that vegan cooking doesn ' t have to be difficult or time-consuming. It ' s easy to embrace a plant-based lifestyle with her fuss-free, simple recipes that cater for our busy lives.

Divided into 7 sections, the new book

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Deliciously Ella offers — for the first time — recipes with an approximate cooking time, showing you how to make simple meals that will satisfy your taste buds and inspire you every day.

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Recipes. Hardcover. – Nov 17 2015. by
Ella Woodward (Author) 4.4 out of 5 stars
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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

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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

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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,

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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

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Deliciously 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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100 all-new plant-based recipes by
bestselling author Deliciously Ella.

"Deliciously magnificent!" --Kris Carr,
author of the NYT-bestselling Crazy Sexy
Diet Ella's latest book features the most
popular, tried-and-tested recipes from her
supper clubs, pop-ups, and deli to show

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how delicious and abundant plant-based cooking can be. These simple vegan recipes cover everything from colorful salads to veggie burgers, falafel, creamy dips and sides, hearty one-pot curries and stews, speedy breakfasts, weekend brunches, muffins, cakes, and brownies. They're the recipes that Ella's thousands

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of customers have been asking for since the deli first launched in 2015, and each recipe has a beautiful photograph to show you how it should look. In addition to the more than 100 brand-new plant-based recipes, for the first time we are treated to a personal insight into Ella's journey--how she grew her blog, which she began

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writing to help get herself well while suffering from illness, into a wellness brand--and all that she has learned along the way, as well as what drives the Deliciously Ella philosophy and her team's passion for creating delicious healthy food. With diary excerpts that document the incredible journey that Deliciously Ella has

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Delicious and more than 100 irresistible recipes for every day using simple, nourishing ingredients, this stunning book will be a must-have for fans and food-lovers alike, and it's also perfect for anyone looking to experiment with vegan cooking for the first time.

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Originally published: London: Yellow Kite, an imprint of Hodder & Stoughton, an Hachette UK Company, 2016.

100 all-new quick and easy plant-based recipes by bestselling author and founder of Deliciously Ella. Ella's new collection shows us that vegan cooking doesn't have

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to be difficult or time-consuming. It's easy to embrace a plant-based lifestyle with her fuss-free, simple recipes that cater for our busy lives. Divided into 7 sections, the new book offers recipes with an approximate cooking time, showing you how to make simple meals that will satisfy your taste buds and inspire you every day. Delicious

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breakfasts - from quick pancakes to fruity smoothies and easy toast-toppers Lunches, Dips & Dressings - an array of healthy plant-based options 10-Minute- and 20-Minute Meals, plant-based eating doesn't have to be complicated or time-consuming - quick pasta dishes, simple noodles, hearty vegetable-laden bowls and

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Asian-inspired plates Big Batch Cooking -
to help you get ahead and plan your week
Sweets - portable bars, flapjacks and slices
to satisfy your sweet tooth Weekend -
impress and delight your friends and
family The ethos of Deliciously Ella is to
share abundant recipes that put fruit and
vegetables at the heart of our plates, that

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taste good and are easy to make. Alongside this, Ella is keen to embrace all aspects of well-being, prioritizing self-care. In the book she will share the important insights learned from her chart-topping podcast, bringing a wider holistic dimension and personal angle to this gorgeous, inspiring, healthy cookbook.

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At head of title on cover: Deliciously Ella.
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From sumptuous desserts, to food on the go, delicious dips, raw treats and rainbow bowls of awesome veggies, Ella's philosophy is all about embracing the natural foods that your body loves and

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Delicious fresh, simple dishes which are easy to make and taste amazing. Featuring more than 100 new sugar-free, gluten-free and dairy-free recipes to excite your taste buds, this collection will inspire you to eat for better health, glowing skin and boundless energy. A reformed sugar monster herself, Ella knows just how

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daunting the idea of changing your diet can be. Her must-read blog, DELICIOUSLY ELLA, which gets two million visitors a month from all over the world, was inspired by her own health adventure and everything she has learned by healing herself simply through diet. It's truly amazing to see what you can do with

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these simple ingredients and how you can so easily create a deliciously healthy version of your favourite dishes. More than anything, Ella wants to show that this way of eating is absolutely not about deprivation and starvation, but instead is about embracing a positive, healthy way of life.

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The much-anticipated follow-up cookbook from Deliciously Ella, the inspirational bestselling food writer who has taken the cookery world by storm. In the follow-up to her amazing bestseller Deliciously Ella Every Day, Ella makes it easy to prepare delicious food for you, your friends and

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Delicious, whatever the occasion. No more wondering whether certain dishes go together, Ella makes life simple with her menus - whether you are planning a laid-back brunch, a last-minute lunch or a fancy supper, Ella has it covered with wonderful hearty and filling recipes that celebrate her natural eating philosophy.

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With ideas and inspiration for every foodie occasion, including cosy nights in, easy kitchen suppers, flavoursome feasts, birthday parties, picnics and mocktails and cocktails, this is the go-to book for anyone who wants to make simpler, healthier food choices - that they can enjoy with friends and family.

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100 all-new quick and easy plant-based recipes by bestselling author Ella Mills, founder of Deliciously Ella. Ella's new collection shows us that vegan cooking doesn't have to be difficult or time-consuming. It's easy to embrace a plant-based lifestyle with her fuss-free, simple

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recipes that cater for our busy lives.

Divided into 7 sections, the new book offers - for the first time - recipes with an approximate cooking time, showing you how to make simple meals that will satisfy your taste buds and inspire you every day. Section 1 features delicious breakfasts - from quick pancakes to fruity smoothies

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and easy toast-toppers. Section 2, Lunches, Dips & Dressings, offers an array of healthy plant-based options. The next two Sections comprise 10-Minute- and 20-Minute Meals, where Ella will prove that plant-based eating doesn't have to be complicated or time-consuming. Choose from quick pasta dishes, simple noodles,

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hearty veg-laden bowls and Asian-inspired plates. Section 5 is Big Batch Cooking, to help you get ahead and plan your week.

The Sweet section includes lots of portable bars, flapjacks and slices to satisfy your sweet tooth. The last section, Weekend, features recipes that require a bit time to make, but will impress and delight your

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Deliciously Ella is to share abundant recipes that put vegetables at the heart of our plates, that taste good and are easy to make. Alongside this, Ella is keen to embrace all aspects of wellbeing, prioritising self-care. In the book she will share the important insights learned from

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her chart-topping podcast, bringing a wider holistic dimension and personal angle to this gorgeous, inspiring, healthy cookbook. 'She has become the biggest thing in healthy eating' - The Times

100 all-new quick and easy plant-based recipes by bestselling author Ella Mills,

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founder of Deliciously Ella. Ella's new collection shows us that vegan cooking doesn't have to be difficult or time-consuming. It's easy to embrace a plant-based lifestyle with her fuss-free, simple recipes that cater for our busy lives.

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approximate cooking time, showing you how to make simple meals that will satisfy your taste buds and inspire you every day.

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two Sections comprise 10-Minute- and 20-Minute Meals, where Ella will prove that plant-based eating doesn't have to be complicated or time-consuming. Choose from quick pasta dishes, simple noodles, hearty veg-laden bowls and Asian-inspired plates. Section 5 is Big Batch Cooking, to help you get ahead and plan your week.

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The Sweet section includes lots of portable bars, flapjacks and slices to satisfy your sweet tooth. The last section, Weekend, features recipes that require a bit time to make, but will impress and delight your friends and family! The ethos of Deliciously Ella is to share abundant recipes that put vegetables at the heart of

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our plates, that taste good and are easy to make. Alongside this, Ella is keen to embrace all aspects of wellbeing, prioritising self-care. In the book she will share the important insights learned from her chart-topping podcast, bringing a wider holistic dimension and personal angle to this gorgeous, inspiring, healthy

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cookbook. 'She has become the biggest thing in healthy eating' - The Times

In GET THE GLOW nutritional health coach to the stars Madeleine Shaw shows you that eating well can easily become a way of life, resulting in the hottest, healthiest and happiest you. Healthy

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eating shouldn't be about fad diets, starvation or deprivation. Instead, Madeleine's philosophy is simple: ditch the junk and eat foods that heal your gut so you can shine from head to toe and really get the glow. Lavishly illustrated with sumptuous photography, **GET THE GLOW** is a cookbook to be savoured.

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Madeleine shares 100 delicious, wheat- and sugar-free recipes bursting with flavour and nutritional value leaving you feeling full and nourished. Every mouth-watering dish is easy to make, contains ingredients that can be found in your local supermarket and won't break the budget. You'll lose weight, feel healthier and will

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Delicious on the inside and out. Including a six-week plan and advice on kitchen cupboard essentials and eating out, Madeleine's down-to-earth and practical guidance will help you to embrace GET THE GLOW as a lifestyle for good. This book will inspire you to fall back in love with food, life, and yourself.

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