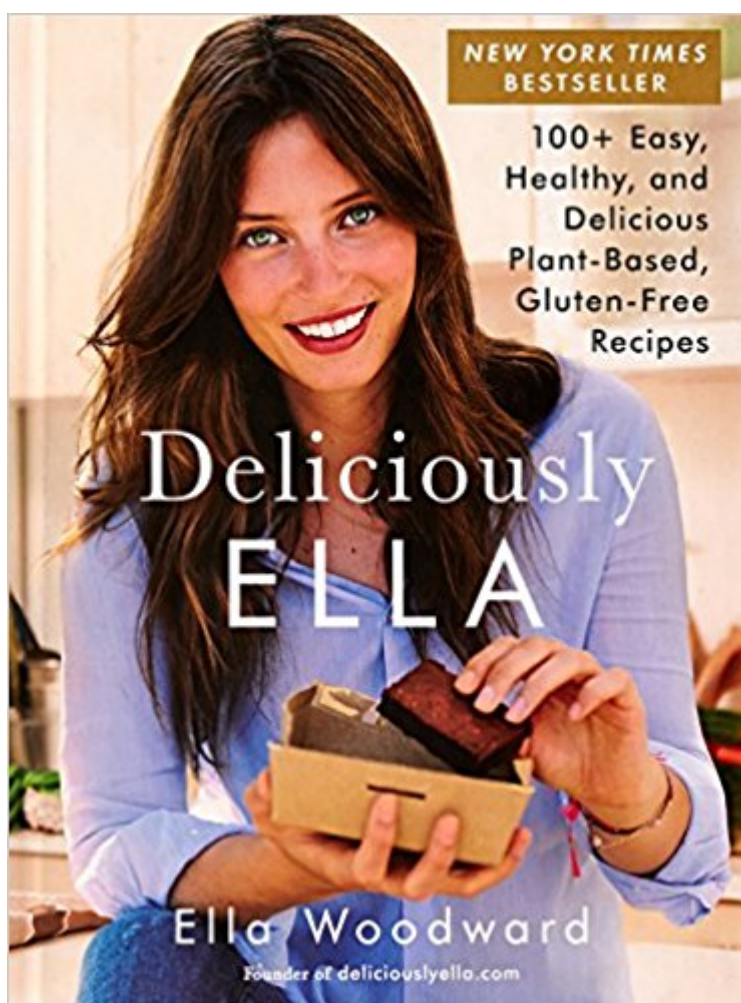


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Deliciously Ella: 100+ Easy, Healthy, And Delicious Plant-Based, Gluten-Free Recipes



Synopsis

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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Customer Reviews

Featured Recipes from Deliciously Ella Download the recipe for Sweet Potato Wedges

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"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)

I have already reviewed this cookbook, but I have now made just about every recipe. I have some helpful hints! When Ella calls for buckwheat, it is the light buckwheat, not the Bob's red mill variety. My children laughed for quite sometime when instructed to "take out (the buckwheat focaccia) when golden brown". It was mud brown to begin with. So it is going to lighten in the oven? ;). Most of the recipes work with half the recommended dates. The girl has a serious sweet tooth. The quinoa pizza crust, almond chia bites (with less dates), spicy roasted chickpeas, berry scones with coconut cream, quinoa fritters, sweet potato brownies, zucchini noodles with avocado pesto, lentil bolognese, all work pretty close to directions. The majority of the recipes in the book do not. From poor seasoning (3 tbsp dried herbs in bread: (to bland and fall apart (oat bars) it's a very frustrating cookbook. Most of the recipes are done better on other blogs. I was also disappointed in recipes for date purée (dates and cinnamon... actually it is much better with lemon juice and vanilla powder), Nutella, roasted veg, baked apples, hummus, polenta, quinoasnore. I wish she would have added a little creativity to them if added. As is, I use it primarily as ideas to create my own recipes, which is not a bad thing. Inspiration is worth a few dollars! Overall, I applaud her simple cooking style and primarily healthy ingredients. I hope that her next book has more recipe testers so that I can have more success with it.

Disappointing results! I have owned this cookbook for several months and tried a couple of recipes. After the disastrous results, I really would not want to waste pricey ingredients on her recipes.

However, there still is one recipe that my family and I are enjoying. The recipes are hard to navigate as the contents are separated into "Grains", "Nuts and Seeds", "Beans and Legumes", "Vegetables", "fruit", "Smoothies and Juices". We enjoy: Brazil Nut and Arugula Pesto Pasta. We think they are okay: Granola Bars, Superfood Crackers. We won't make it again (big disaster): Buckwheat Focaccia, Blueberry Muffins. The personal story at the beginning of the book is very inspiring. The layout is beautiful. Not a lot of pictures and some are so small and hard to compare to the result. The recipes I have tried so far are all large enough to serve a party. Not sure if I will ever try her recipes since when it is not working, I couldn't even "tough through" by not wasting good ingredients she recommends.

I am pleasantly surprised by this cookbook. I first heard of Ella sometime last year and read her blog for a couple of months. I'm not vegan or gluten free but was a vegetarian for a portion of my childhood and as an adult. I never eat pork or seafood aside from salmon but I do enjoy eating vegetarian foods. I find that a lot of the recipes are helpful ideas for side dishes though they wouldn't necessarily be very filling for me as a main meal. Ella encourages people to just try to eat more fruits and vegetables (while not following her strict diet due to a rare disease), and I think this is sound advice. She has a way of making vegan food look really appealing. I consider myself to be a very skilled cook/baker and but have had to modify some recipes because I'm not gluten free. Still, I think there's a lot of good stuff in here for people looking for starter ideas for meals. I've seen criticism that her recipes are too simple but shouldn't food be simple once in awhile? I don't want to spend hours cooking or sourcing expensive ingredients, so I like that most recipes offer readily available foods I can easily buy. One tip: if you're looking for medjool dates for the dessert recipes, check your local health food store for different date varieties. These are usually cheaper than medjool dates but work fine. My only complaints is that the book is organized into strange sections like "Vegetables" and "Fruits" when it would have made more sense to list recipes by meal type. Ella's measurements with mugs are annoying (mugs are obviously different sizes) though the metric listing is given, which is very helpful. I will definitely order her 2nd book and upcoming 3rd book. I'll never be on the "clean eating, gluten free bandwagon" but I appreciate what this book offers in terms of recipes for plant based foods.

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