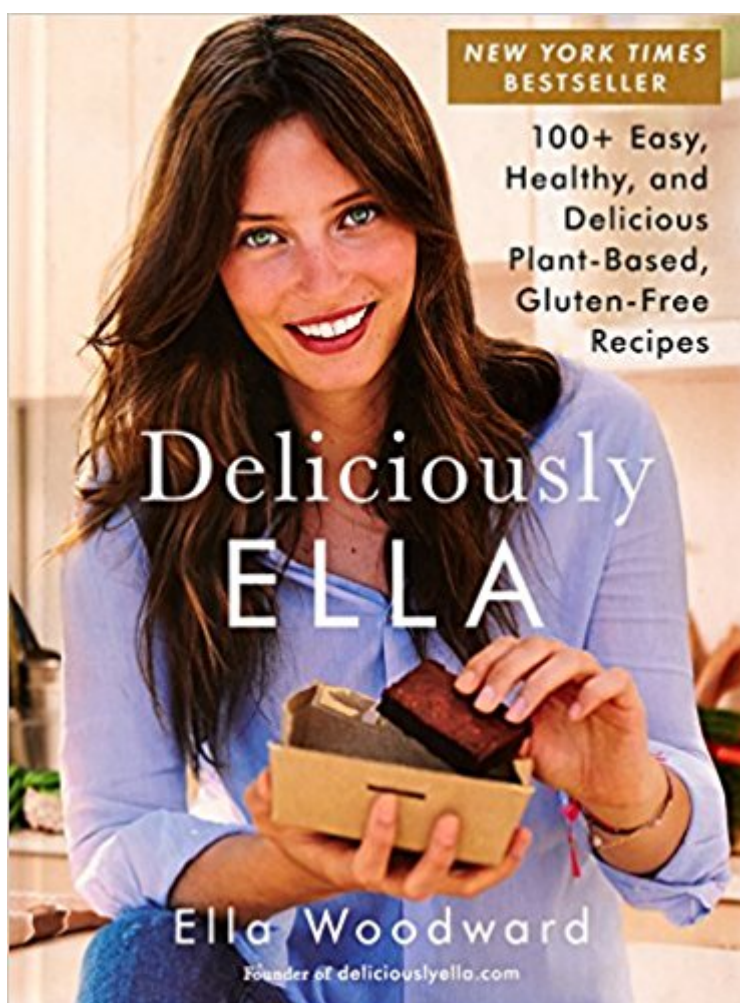


The book was found

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.

Book Information

Series: Deliciously Ella (Book 1)

Hardcover: 256 pages

Publisher: Scribner (November 17, 2015)

Language: English

ISBN-10: 1501138197

ISBN-13: 978-1501138195

Product Dimensions: 6.8 x 0.9 x 9.1 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 205 customer reviews

Best Sellers Rank: #67,818 in Books (See Top 100 in Books) #50 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic #54 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #62 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

Customer Reviews

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

Download the recipe for Warm Winter Salad

"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 complaint 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.

[Download to continue reading...](#)

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

Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3)

Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) A

Gluten Free Thanksgiving: How To Make a Delicious Gluten Free Turkey Dinner That Everyone Will Love (Fast, Easy and Delicious Gluten Free Recipes) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! The Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes! (Vegan Gluten Free Bread, Gluten ... Cookbook,..) (Gluten-Free Bread Territory) Deliciously Ella Every Day: Quick and Easy Recipes for Gluten-Free Snacks, Packed Lunches, and Simple Meals Everyday

Grain-Free Baking: Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking

Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes for a

Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2) Mouthwatering Gluten Free Recipes Slow Cooker Daily Easy Gluten Free Recipes That Your Family Will Love. (Paleo,Slow Cooker, Diet, Cook Book, Beginners, Low Carb,Gluten free, Weight loss Book 1) Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) The Great Vegan Grains Book: Celebrate Whole Grains with More than 100 Delicious Plant-Based Recipes * Includes Soy-Free and Gluten-Free Recipes! (The Great Vegan Book) Cooking for the Specific

Carbohydrate Diet: Over 100 Easy, Healthy, and Delicious Recipes that are Sugar-Free, Gluten-Free, and Grain-Free The Great Vegan Bean Book: More than 100 Delicious Plant-Based Dishes Packed with the Kindest Protein in Town! - Includes Soy-Free and Gluten-Free Recipes! (Great Vegan Book) Gluten Free Every Day Cookbook: More than 100 Easy and Delicious Recipes from the Gluten-Free Chef Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Gluten Free: Gluten Free Cookbook For Moms (Gluten Free AWESOMENESS 1) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook

Contact Us

DMCA

Privacy

FAQ & Help