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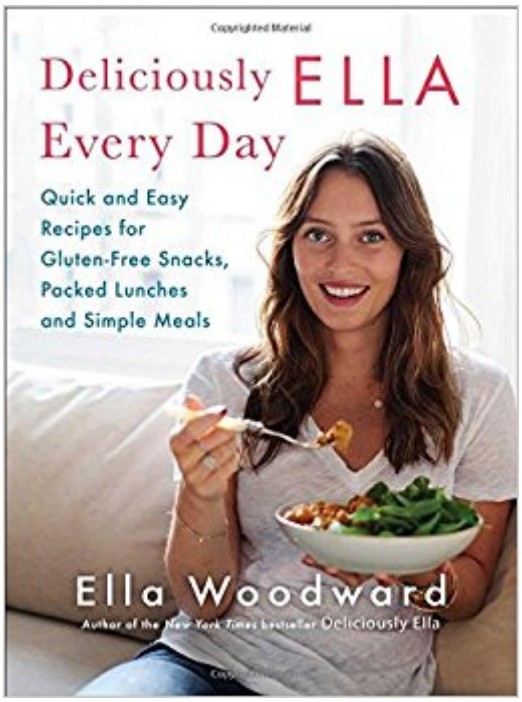
Deliciously Ella Every Day: Quick And Easy Recipes For Gluten-Free Snacks, Packed Lunches, And Simple Meals



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Synopsis

Delicious plant-based, gluten-free recipes and lifestyle tips for packed lunches, snacks, and simple meals that are easy and accessible to everyoneÃ¢â ¬â •from the author of the international bestseller Deliciously Ella.ItÃ¢â ¬â„¢s easy to be healthy until you get hungry. Making healthy eating sustainable is about two things. One: itÃ¢â ¬â„¢s got to be doable in the context of a time starved life. Two: itÃ¢â ¬â„¢s got to be delicious. Ella WoodwardÃ¢â ¬â„¢s newest cookbook Deliciously Ella Every Day offers fantastically appealing and quick recipes for breakfasts, packed lunches, snacks on the go, and stress-free meals. The book is packed with more than 100 simple yet irresistible plant-based, dairy-free, and gluten-free recipes. Be inspired by EllaÃ¢â ¬â„¢s quick weekday dinners, amazingly colorful salads, and incredible ideas for meals and snacks on the go. Favorites include the insanely delicious roasted cinnamon and maple trail mix, a super-rich chocolate ganache cake, a lovely roasted potato, hazelnut and pomegranate salad with a maple dressing. The book includes a section of big-batch cooking, recipes that can be made on the weekend so you can pack satisfying lunches or prepare quick, easy dinners during the weekÃ¢â ¬â •a lovely cauliflower pizza or a stunning mushroom risotto. Featuring the top ten rules for living the Deliciously Ella way, tips for eating well without breaking the bank, and shopping lists to help you get organized, this is the cookbook youÃ¢â ¬â„¢ve been waiting for.

Book Information

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Customer Reviews

"[Woodward] is the most influential person cooking in Britain today."--The Daily Beast"Beautiful pictures, easy to read recipes and ingredients I have in my cupboard."--The NutritionnaireÃ¢â ¬Å“Fast, creative make-at-home solutions. By turns charming and practical, Woodward caters to the eater who wants to eat less sugar, flour, meat, and dairyÃ¢â ¬Â¦.A warm authorial voice and relatively simple recipes make this another worthy addition to the conscious cookÃ¢â ¬â„¢s library.Ã¢â ¬Â•Ã¢â ¬â •Publishers Weekly

Ella Woodward-Mills is all about embracing healthy living.Ã Â 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. EllaÃ¢â ¬â„¢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. EllaÃ¢â ¬â„¢s philosophy is all about showing that healthy living is fun and enjoyable; itÃ¢â ¬â„¢s not about deprivation or starvation.

Ella Woodward is a whiz at marketing. Her cookbooks look amazing and she writes in a super enthusiastic way that makes every recipe sound both easy and delicious. For that reason, it’s a very inspirational recipe book but I have to say that there weren’t a huge number of recipes that appealed to me in it. She does tend to use the same ingredients again and again: cashews, miso, maple syrup...they all feel a little repetitive.I think her books are good if you are a single person or maybe a couple. They don’t really deliver on the family recipe front. There are very few recipes here that my 12 and 15 year old sons would eat and the ones that they would eat tend to be variations on things we already make eg spaghetti carbonara, tomato pasta, veggie paella. But if you’re looking for ideas for healthy breakfasts and lunches on the go, this is a terrific source. Her salads in particular have some terrific flavours.Specifically, I have a couple of complaints. Firstly, she tends to under-explain recipes which as a less than confident cook I find annoying. For example, her Pasta Arrabbiata recipe says "put the dried oregano, thyme, chilli and garlic into a frying pan with the olive oil. Let these cook while you cut the cherry tomatoes into quarters". Call me old fashioned, but I prefer recipes that use words like "low heat" or "keep moving in the pan" or "soften slightly". I don’t like cookbooks that assume that I know what I’m doing, because I often don’t!Secondly, her ingredients are not infrequently either hard to locate (vanilla powder? baobab powder?) or FREAKING EXPENSIVE when you do. For example, her recipe for Chocolate Caramel Slices looks pretty yummy but I will not be making it because to produce 16 pieces I need to use a whopping 950g (2 lb) of medjool dates! That’s more than the cost of the recipe book and it’s only for ONE of

the ingredients!

I purchased this after getting another of Ella's book as a gift. Love 90% of her recipes - even my children will eat this food (as long as I don't tell them it's healthy). I use this book every week.

I absolutely love this book. Approachable recipes, great tasting food. It's a good cookbook to have if your looking for healthier options for everyday meals.

Great book, very useful for vegetarians or for carnivores wanting to add more veggie/grain dishes. I really like that the book avoids trying to mimic dairy and meat with soy products. I personally don't care for soy, plus it's hardly ever organic. And given all the issues with GMO and pesticides laden soy beans, I would much rather avoid it. These recipes simply use alternative ingredients (beans, hummus, nut butters, etc) to make the meals feel filling without using fake meat and dairy substitutes. Great book!

Lots of great & simple recipes, and wonderful tips & tricks for transitioning to plant based eating

This book is terrible I'm confused by all the good reviews. Her first book was good but this one is awful I'm wondering if she's even made these recipes. I've made 2 of them and both were disgusting. The sweet potato coconut soup that I made was totally inedible. Waste of money and time now I have to go figure out something else for dinner.

Very useful recipes. Simple to make.

Awesome book and seller!! ÃƒÂ Ã Å¸Ã ËœÃ â ¬

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