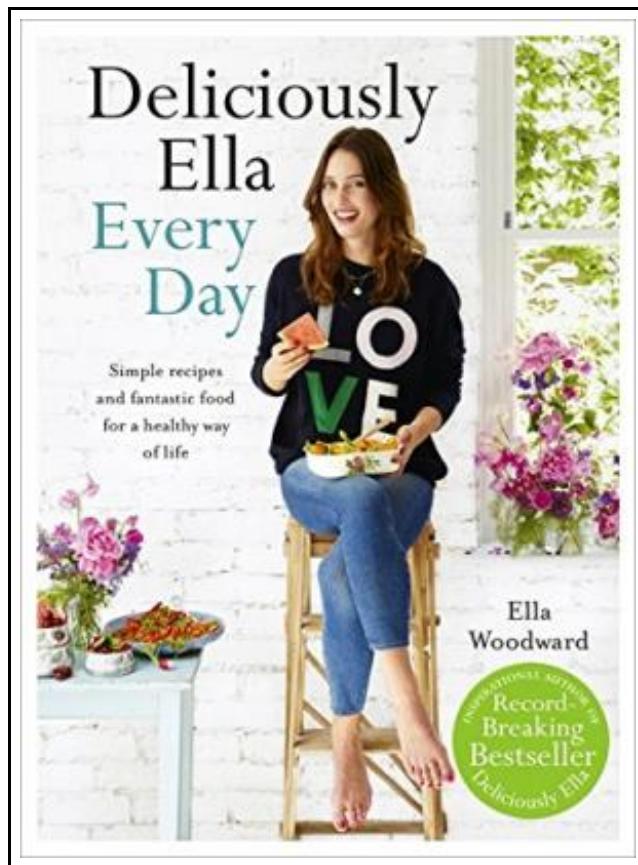


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Hodder Stoughton General Division, United Kingdom, 2016. Hardback. Condition: New. Illustrated edition. Language: English . Brand New Book. The second book by the record-breaking bestselling author of Deliciously Ella! The Deliciously Ella way of eating 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.

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