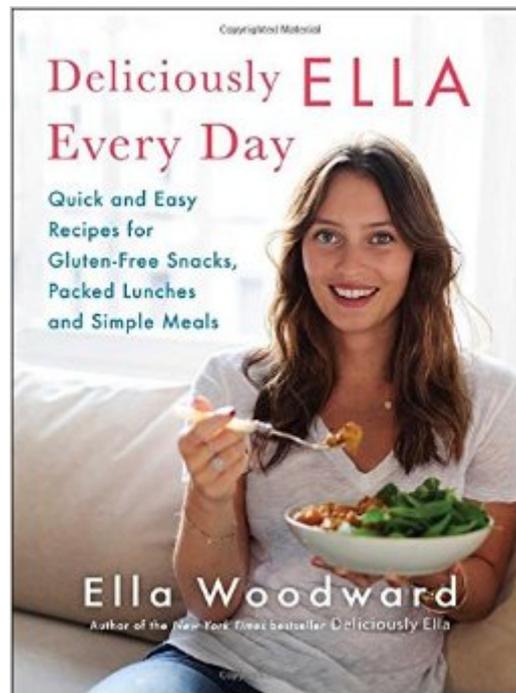


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# Deliciously Ella Every Day: Quick And Easy Recipes For Gluten-Free Snacks, Packed Lunches, And Simple Meals



## Synopsis

Delicious plant-based, gluten-free recipes and lifestyle tips for packed lunches, snacks, and simple meals that are easy and accessible to everyoneâfrom the author of the international bestseller *Deliciously Ella*. Itâs easy to be healthy until you get hungry. Making healthy eating sustainable is about two things. One: itâs got to be doable in the context of a time starved life. Two: itâs got to be delicious. Ella Woodwardâ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 Ellaâ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 weekâ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 youâve been waiting for.

## Book Information

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## Customer Reviews

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 have to agree with Julia - Ella is great at marketing herself and her cookbooks, but the actual recipes are a little disappointing. So far, I've made her carrot cake muffins, wilted spinach and black bean salad, spiced lentil soup, spiced sweet potato stew, best baked sweet potato, and gooey black bean brownies. The wilted spinach and black bean salad as well as the baked sweet potato were simple, easy to prepare, and tasty. The others were kind of a disaster. The carrot cake muffins did not turn out at all like her photograph, which may be because whatever buckwheat flour she's using is much lighter in color than mine (Bob's Red Mill). Nowhere in this cookbook (or the previous, as far as I can see) is a brand or specific type of buckwheat flour listed, but there is clearly a difference. The muffins were also underbaked, quite dense, and barely okay tasting (the parts that were cooked through). I threw them out, and I hate to throw away food. The lentil soup proportions were off, so I wound up with a very thick soup that needed double the spices to have any flavor. The spiced sweet potato stew was similarly bland. This lack of spice was true for her recipes in her first cookbook as well, and a lot of people have mentioned it, so at least it's something easy to watch out/adjust for as you cook from her recipes. The gooey black bean brownies were not amazing - I made them for a group of friends and co-workers, everyone tried them, and decided one small bite

was enough and they didn't want any more. The taste reminds me of something that I can't quite place, it's not bad, but the memory is definitely not of a delicious brownie. They aren't awful, but for me (as well as my friends and co-workers), they aren't something I'd want to eat again. Since I frequently cook meals for myself, I was happy to see Ella offering some single or two-person serving recipes as well as some "fit for a crowd" recipes. One thing that I wish she would have pointed out in the instructions for the lentil soup is you need to use a small saucepan for cooking the lentils, because the amount is so small, it's impossible to cook them before the water evaporates - I needed to watch my lentils carefully and add water as necessary to prevent them from burning because I don't own a small enough pan to cook 25g of lentils. In the end, I regretted not simply making a normal sized batch - it probably would have been less work - or something else for dinner. I found the mushrooms+beans on top to be a bit odd, I didn't love the combination. Still, it is great that these single-serve recipes are here, and I like that she offers suggestions for what to do with the other half of whatever vegetable one recipe is calling for. If you're looking for a cookbook with healthy recipes, that are simple/quick to prepare, you like the flavors Ella focuses on, and you're willing to adjust seasoning to taste as you cook, then this isn't a bad cookbook. It's not exceptional or mind-blowing, some of the instructions could be written more clearly, and I wish there were more intriguing recipes rather than photos of the author, but the cookbook is not a total loss either. There's nothing complicated about cooking any of the recipes although you might have to muddle your way through the instructions. The recipes are generally healthy and mostly low-cost, plus they can be thrown together with very little in the way of kitchen equipment. For ideas of what to throw together when I'm tired during the week and have a smattering of vegetables around my fridge to get used up, this cookbook is a good way to jump-start my brain into a dinner plan.

I do not own Ella's first cookbook, so can't compare, but I really like this one! I have a collection of over 200 cookbooks and love to cook. From this book, I made the miso and sesame rice, the roasted butternut squash, the spicy turmeric hummus and carrot beet sesame salad and loved them all. I first used the rice as the base for a bowl to which I added stir fried spinach and mushrooms, the roasted veggies, and a poached egg. As she suggests, I've been taking a grain (the rice), a dip (the hummus) and a veggie (the roasted veggies) along with the beet carrot salad for lunch everyday this week and it has been amazing in both flavor and the energy I feel after eating it. I have not gotten tired of it and I usually do after I eat something 1-2 times. Another reviewer posted about lack of flavor, but I was worried about recipes being over spiced given the amount of spices in the roasted veggies and the hummus. I found the flavors fantastic. I was surprised to see the negative reviews

and have never written a review, but because my experience was so different, I thought I would add it.

As someone who has Ella's first book, her app and reads her blog I think this book is unnecessary. Nothing much is new or inspiring in the book. She should give herself time to develop new different recipes before doing a third book.

Delicious and healthy. Good food is expensive and she uses plenty of it. Not for low budgets, but many good comforting meals. I make one of her dishes at least once a day. Great book for people with food allergies.

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!

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