

Deliciously Ella: The Cookbook: Plant Based Recipes From Our Kitchen To Yours

Nourishing and self-care recipes to boost your energy, help you sleep and lift your mood. So many of us go about our busy lives without eating wholesome food. Yet without giving our body what it truly needs to fuel us through the day (and night), we get ill, feel low and have trouble sleeping. In this beautiful book, Gemma Oyston introduces us to eating as the ultimate chef, and her journey to becoming a mother and business owner, each recipe has been crafted to be nurturing to your body – and mind. With over 60 delicious recipes including fiery bean stew for the days we feel under the weather, calming miso pasta to give you gut flora a super boost and indulgent chocolate pud because YOU deserve it. The Self-Care Cookbook is for anyone who needs some extra TLC.

Winner of the Lifestyle Non-Fiction Book of the Year award at the British Book Awards 2019! ‘The vegan Jamie Oliver’s: The Times 100 all-new quick and easy plant-based recipes by bestselling author Ella Mills, founder of Deliciously Ella.Ella’s new collection shows us that vegan cooking doesn’t have to be difficult or time-consuming. It’s easy to embrace a plant-based lifestyle with her fuss-free, simple recipes that cater for our busy lives. Divided into 7 sections, the new book offers - for the first time - recipes with an approximate cooking time, showing you how to make simple meals that will satisfy your taste buds and inspire you every day.Section 1 features delicious breakfasts - from quick pancakes to fruity smoothies and easy toast-toppers. Section 2, Lunches, Dips & Dressings, offers an array of healthy plant-based options. The next two Sections comprise 10-Minute- and 20-Minute Meals, where Ella will prove that plant-based eating doesn’t have to be complicated or time-consuming. Choose from quick pasta dishes, simple noodles, hearty veg-laden bowls and Asian-inspired plates. Section 5 is Big Batch Cooking, to help you get ahead and plan your week. The Sweet section includes lots of portable bars, flapjacks and slices to satisfy your sweet tooth. The last section, Weekend, features recipes that require a bit time to make, but will impress and delight your friends and family!The ethos of Deliciously Ella is to share abundant recipes that put fruit and vegetables at the heart of our plates, that taste good and are easy to make. Alongside this, Ella is keen to embrace all aspects of wellbeing, prioritising self-care. In the book she will share the important insights learned from her chart-topping podcast, bringing a wider holistic dimension and personal angle to this gorgeous, inspiring, healthy cookbook.’She has become the biggest thing in healthy eating!’ - The Times

THE NUMBER ONE SUNDAY TIMES BESTSELLER Curated and edited by Adam Kay (author of multi-million bestseller *This is Going to Hurt*), *Dear NHS* features 100 household names telling their personal stories of the health service. Contributors include: Paul McCartney, Emilia Clarke, Peter Kay, Stephen Fry, Sir Trevor McDonald, Graham Norton, Sir Michael Palin, Naomie Harris, Sir David Jason, Dame Emma Thompson, Joanna Lumley, Miranda Hart, Jamie Oliver, Ed Sheeran, David Tennant, Dame Julie Walters, Emma Watson, Malala Yousafzai and many, many more. All profits from this book will go to NHS Charities Together to fund vital research and prevent, and the Lullaby Trust which supports bereaved parents bereaved of babies and young children. Other writers include Jack Whitehall, Chris Evans, Lorraine Kelly, Lee Mack, Jonathan Ross, Ronnie Hug, Frank Skinner, KT Tunstall and Sandi Toksvig. The NHS is our single greatest achievement as a country. No matter who you are, no matter what your health needs are, and no matter how much money you have, the NHS is there for you. In *Dear NHS*, 100 inspirational people come together to share their stories of how the national health service has been there for them, and changed their lives in the process. By turns deeply moving, hilarious, hopeful and impassioned, these stories together become a love letter to the NHS and the 1.4 million people who go above and beyond the call of duty every single day - selflessly, generously, putting others before themselves, never more so than now. They are all heroes, and this book is our way of saying thank you. Contributors include: Dolly Alderton, Monica Ali, Kate Atkinson, Pam Ayres, David Baddiel, Johanna Basford, Mary Beard, William Boyd, Frankie Boyle, Jo Brand, Kevin Bridges, Alex Brooker, Charlie Brooker, Rob Brydon, Bill Bryson, Kathy Burke, Peter Capaldi, Jimmy Carr, Candice Carty-Williams, Lauren Child, Lee Child, Bridget Christie, Emilia Clarke, Rev Richard Coles, Daisy May Cooper, Jilly Cooper, Fearnle Cotton, Juno Dawson, Kit de Waal, Victoria Derbyshire, Reni Eddo-Lodge, Chris Evans, Anne Fine, Martin Freeman, Dawn French, Stephen Fry, Mark Gatiss, Ricky Gervais, Professor Green, Baroness Tanni Grey-Thompson, Mark Haddon, Matt Haig, The Hairy Bikers, Naomie Harris, Miranda Hart, Victoria Hislop, Nick Hughes, Sall Hughes, Konnie Hug, Marina Hyde, E L James, Greg James, Sir David Jason, Katarina Johnson-Thompson, Jackie Kay, Peter Kay, Lorraine Kelly, Marian Keyes, Shappi Khorsandi, Nish Kumar, Stewart Lee, Joanna Lumley, Lee Mack, Emily Matlis, Andrew Marr, Catherine Mayer, Alexander McCall Smith, Paul McCartney, Sir Trevor McDonald, Caitlin Moran, Kate Mosse, Jojo Moyes, David Nicholls, John Niven, Graham Norton, Chris O’Dowd, Dermot O’Leary, Jamie Oliver, Sir Michael Palin, Maxine Peake, Sue Perkins, Katie Piper, Ian Rankin, Jonathan Ross, Ed Sheeran, Paul Sinha, Frank Skinner, Matthew Syed, Kae Tempest, David Tennant, Louis Theroux, Dame Emma Thompson, Sandi Toksvig, Stanley Tucci, KT Tunstall, Johnny Vegas, Danny Wallace, Dame Julie Walters, Phil Wang, Emma Watson, Mark Watson, Robert Webb, Irvine Welsh, Jack Whitehall, Josh Widdicombe, Dame Jacqueline Wilson, Greg Wise, Malala Yousafzai, Benjamin Zephaniah. A minimum of £3.09 from the sale of each book will be paid to NHS Charities Together and £0.16 will be paid to The Lullaby Trust.

Recipes & Fitness for a Healthier, Happier You

The 5 Simple Fixes That Will Make You Healthy, Fit, and Eternally Awesome

Deliciously Ella

Cook Share Eat Vegan

The First Mess Cookbook

Vibrant Plant-Based Recipes to Eat Well Through the Seasons

Trust in nature. Believe in balance. Eat the rainbow! Andrea Hannemann, aka Earthy Andy, presents a guide to plant-based eating that is simple, delicious, and fun. INCLUDES A 30-DAY PLANT OVER PROCESSED CHALLENGE Andrea Hannemann, known as Earthy Andy for her more than one million Instagram followers, believes that food is the fuel of life, and that consuming a nourishing, plant-based diet is the gateway to ultimate health. Andy’s mantra, “plant over processed,” embodies the way she eats and feeds her family of five in their home in Oahu, Hawaii. But it wasn’t always this way. Andy was once addicted to sugar and convenience foods and suffering from a host of health issues that included IBS, Celiac disease, hypothyroidism, asthma, brain fog, and chronic fatigue. Fed up with spending time and money on specialists, supplements, and fad diets, she quit animal products and processed foods cold turkey, and embarked on a new way of eating that transformed her health and her body. In *Plant Over Processed*, Andy invites readers to join her on a ‘30-Day Plant Over Processed Challenge’ that will detox the body, followed by a long-term plan for maintaining health without giving up your favourite dishes. Packed with gorgeous photography and mouth-watering recipes—from smoothies and bliss bowls to plant-based comfort and decadent desserts—this life-changing guide takes you to the North Shore of Hawaii and back, showing you how easy it is to eat plant-based, wherever you are.

Ella Mills is back with her newest cookbook: a how to guide to going vegan, for everyone!

Despite the increasing number of people moving towards a plant-based diet, there are no clear, evidence-based mainstream books for children or families. It can be overwhelming to switch to a plant-based diet, and you may have no idea where to start or how to introduce the diet to your family. How to Eat Plant-Based: A how-to guide to going vegan - for everyone is not just a simple cookery book, but a guide that incorporates scientific research and data to help families put together balanced meals with family friendly recipes. In this guide, Ella debunks the common myths surrounding a plant-based diet, shares her experiences of cooking as a family and emphasises the importance of making the plant-based diet accessible for all ages.

Dear NHS

The fastest selling vegan cookbook of all time

Deliciously Ella. The Plant-based Cookbook

Deliciously Ella The Plant-Based Cookbook

Plant Based Cooking Made Easy

Sample 4 FREE recipes from The Plant-based Cookbook

Delicious plant-based recipes for Everyone

The author of a popular food blog shares plant-based recipes designed to combat chronic illness and improve life quality without refined foods or deprivation.

In this groundbreaking health and lifestyle guide, Darin Olien—superfoods expert, nutritionist, creator of Shakeology, and co-host of the Netflix docuseries Down to Earth with Zac Efron—provides the key to understanding and utilizing five life forces, the sole factors that determine whether or not we will be healthy, fit, and free of illness. In Superlife, Darin Olien provides us with an entirely new way of thinking about health and wellbeing by identifying what he calls the life forces: Quality Nutrition, Hydration, Detoxification, Oxygenation, and Alkalinization. Olien demonstrates in great detail how to maintain these processes, thereby allowing our bodies to do the rest. He tells us how we can maintain healthy weight, prevent even the most serious of diseases, and feel great. He explains that all of this is possible without any of the restrictive or gimmicky diet plans that never work in the long term. Olien has traveled the world, exploring the health properties of foods that have sustained indigenous cultures for centuries. Putting his research into practice, he has created a unique and proven formula for maximizing our bodies’ potential. He also includes a “How-to-eat” user’s guide with a shopping list, advice on “what to throw away,” a guide to creating a healthy, balanced diet plan, and advice on how to use supplements effectively. Written in Olien’s engaging conversational style, Superlife is a one-of-a-kind comprehensive look at dieting and nutrition, a timeless and essential guide to maintaining the human body and maximizing its potential.

30 new recipes in a mint pocket book from bestselling cookery author Deliciously Ella. The first of Deliciously Ella’s ‘Bite-size Collection’ - a new series of small-format books - celebrating the delicious, nutritious and super speedy smoothies and juices that Ella loves! Featuring 30 all-new recipes for nourishing smoothies and amazing juices bursting with simple, plant-based ingredients full of flavour and goodness. Easy, quick and perfect to fit into a busy lifestyle, enjoy a Blueberry and Pear Breakfast Blend, an energising Green Dream or a heavenly Minty Coconut Shake, to add a natural Deliciously Ella kick to your 5-a-day!

Enjoy 4 FREE recipes from Deliciously Ella’s bestselling The Plant-based Cookbook - in collaboration with Veganoary. _____ This year we have teamed up with Veganoary to introduce people to the joys of plant-based eating. In this short extract from my latest book, The Plant-based Cookbook, we have selected four of our favourite recipes to try in January and beyond. Whether you’re planning to go vegan full-time or are simply doing the Veganoary challenge, I guarantee you will come back to these easy and delicious recipes again and again! Five-bean Chili with Corn Bread Peanut Cookies Sri Lankan Curry Sweetcorn Chowder with Chili and Coriander I hope you enjoy them as much as we do. Ella x
Veganoary (pronounced vee-gan-uary) is a UK charity with international reach that encourages people to try vegan in January (or any time of year) and offers support and advice for the process.

Simple recipes and fantastic food for a healthy way of life

Deliciously Ella: Smoothies & Juices

BOSH!

A taste of Deliciously Ella: The Plant-based Cookbook

Bite-size Collection

100 Simple Vegan Recipes to Make Every Day Delicious

Over 100 Recipes

From the creators of the popular YouTube channel The Whole Food Plant Based Cooking Show comes this timely and comprehensive cookbook! Plant Based Cooking Made Easy features over 100 life-saving, whole food plant-based recipes that are gluten-free, refined sugar & oil free, low in sodium, and full of scrumptious flavors. Modern cutting-edge nutritional research has clearly identified the whole food plant-based diet as the single most potent force for recovering and sustaining human health. Only a diet rich in a wide variety of fresh fruits, vegetables, beans, mushrooms, nuts, berries, and seeds—and which is free of highly processed foods, laden with preservatives, refined oils, sugar, and salt—has the power to reverse many of the leading chronic diseases the world faces today, including heart disease, diabetes, obesity, high blood, autoimmune disorders, and more. Jeffrey and Jill Dalton share the story of their own 23 year journey to plant-based transformation, one which not only empowered them to reverse their chronic health issues but also inspired them to create The Whole Food Plant Based Cooking Show—and now this cookbook! Drawing on their many years of experience with plant-based cooking, they spell out in detail all the appliances and preparations needed to set up your own kitchen for plant-based success. With over 100 recipes based on the best available plant-based nutritional research, Plant Based Cooking Made Easy covers all the bases, offering wholesome takes on everything from comfort foods like hot dogs, macaroni & cheese, pizza, waffles, brownies, and double stuff Oreo cake, to international favorites like massaman curry, West African peanut stew, and without giving up your favorite dishes. Packed with gorgeous photography and mouth-watering recipes—from smoothies and bliss bowls to plant-based comfort and decadent desserts—this life-changing guide takes you to the North Shore of Hawaii and back, showing you how easy it is to eat plant-based, wherever you are.

The Groundnut Cookbook is an African cookbook by friends Duval Timothy, Jacob Fodio Todd and Folaoyemi Brown. They are three energetic, imaginative Londoners set to change the face of African food with their cookbook packed full of gorgeous full-colour photography and easy-to-follow, fresh and healthy recipes. Learn how to prepare classics like their namesake Groundnut Stew, and Jolof Rice, alongside innovative offerings like their Avocado Ice Cream or Puna Yam Cake. The Groundnut Cookbook will make you wonder why it’s taken you this long to explore Africa’s culinary gems

100 all-new quick and easy plant-based recipes by bestselling author Ella Mills, founder of Deliciously Ella. Ella’s new collection shows us that vegan cooking doesn’t have to be difficult or time-consuming. It’s easy to embrace a plant-based lifestyle with her fuss-free, simple recipes that cater for our busy lives. Divided into 7 sections, the new book offers - for the first time - recipes with an approximate cooking time, showing you how to make simple meals that will satisfy your taste buds and inspire you every day. Section 1 features delicious breakfasts - from quick pancakes to fruity smoothies and easy toast-toppers. Section 2, Lunches, Dips & Dressings, offers an array of healthy plant-based options. The next two Sections comprise 10-Minute- and 20-Minute Meals, where Ella will prove that plant-based eating doesn’t have to be complicated or time-consuming. Choose from quick pasta dishes, simple noodles, hearty veg-laden bowls and Asian-inspired plates. Section 5 is Big Batch Cooking, to help you get ahead and plan your week. The Sweet section includes lots of portable bars, flapjacks and slices to satisfy your sweet tooth. The last section, Weekend, features recipes that require a bit time to make, but will impress and delight your friends and family! The ethos of Deliciously Ella is to share abundant recipes that put vegetables at the heart of our plates, that taste good and are easy to make. Alongside this, Ella is keen to embrace all aspects of wellbeing, prioritising self-care. In the book she will share the important insights learned from her chart-topping podcast, bringing a wider holistic dimension and personal angle to this gorgeous, inspiring, healthy cookbook.’She has become the biggest thing in healthy eating!’ - The Times

In addition to the more than 100 brand-new plant-based recipes, for the first time we are treated to a personal insight into Ella’s journey—how she grew her blog, which she began writing to help get herself well while suffering from illness, into a wellness brand—and all that she has learned along the way, as well as what drives the Deliciously Ella philosophy and her team’s passion for creating delicious, healthy food.

75 Simple & Delicious Plant-Based Recipes for Nourishing Your Body and Eating From the Earth

One Pot Vegan

Deliciously Ella How To Go Plant-Based

Plant Over Processed

Deliciously Ella Every Day

Deliciously Ella with Friends

Eat Smart

FOUR DELICIOUSLY VEGAN RECIPES FOR FREE - GET A TASTER OF THE PLANT-BASED COOKBOOK! I am so excited that you can get a sample of The Plant-based Cookbook: we’re sharing four of my absolute favourite recipes and a piece I’ve written about why this book means such a lot to me. These are the recipes inside: Corn Fritters with Smoky Baked Beans and Avo Smash Spiced Peanut Sauce Potatoes, Quinoa and Black Bean Burgers Tucson Bean Soup The photography is beautiful and I hope the delicious flavours will create a true sense of happiness for you all! Ella x

THE PERFECT GIFT FOR THE FOODIE IN YOUR LIFE! The Sunday Times number one bestselling cookbook and the fastest selling vegan cookbook of all time. ‘She has become the biggest thing in healthy eating’ - The Times 100 all-new plant-based recipes - by bestselling author Deliciously Ella. Ella’s latest book features the most popular, tried and tested recipes from her supper clubs, pop-ups and deli to show how delicious and abundant plant-based cooking can be. The simple vegan recipes cover everything from colourful salads to veggie burgers and falafel, creamy dips and sides, hearty one-pot curries and stews, speedy breakfasts, weekend brunches, muffins, cakes and brownies. They’re the recipes that Ella’s thousands of customers have been asking for since the deli first launched in 2015, and each recipe has a beautiful photograph to show you how it should look. In addition to over 100 brand-new plant-based recipes, for the first time we are treated to a personal insight into Ella’s journey - how she grew her blog, which she began writing to help get herself well while suffering from illness, into a wellbeing brand - and all that she has learnt along the way, as well as what drives the Deliciously Ella philosophy and her team’s passion for creating delicious healthy food. With diary excerpts that document the incredible journey that Deliciously Ella has taken and over 100 tried-and-tested irresistible recipes for every day, using simple, nourishing ingredients, this vegan bible will be a must-have for fans and food-lovers alike, it’s also perfect for anyone looking to experiment with vegan cooking for the first time.

From sumptuous desserts, to food on the go, delicious dips, raw treats and rainbow bowls of awesome veggies, Ella’s philosophy is all about embracing the natural foods that your body loves and creating fresh, simple dishes which are easy to make and taste amazing. Featuring more than 100 new sugar-free, gluten-free and dairy-free recipes to excite your taste buds, this collection will inspire you to eat for better health, glowing skin and boundless energy. A reformed sugar monster herself, Ella knows just how daunting the idea of changing your diet can be. Her must-read book, DELICIOUSLY ELLA, which gets two million visitors a month from all over the world, was inspired by her own health adventure and everything she has learned by healing herself simply through diet. It’s truly amazing to see what you can do with these simple ingredients and how you can so easily create a deliciously healthy version of your favourite dishes. More than anything, Ella wants to show that this way of eating is absolutely not about deprivation and starvation, but instead is about embracing a positive, healthy way of life.

100 all-new quick and easy plant-based recipes by bestselling author Ella Mills, founder of Deliciously Ella. Ella’s new collection shows us that vegan cooking doesn’t have to be difficult or time-consuming. It’s easy to embrace a plant-based lifestyle with her fuss-free, simple recipes that cater for our busy lives. Divided into 7 sections, the new book offers - for the first time - recipes with an approximate cooking time, showing you how to make simple meals that will satisfy your taste buds and inspire you every day. Section 1 features delicious breakfasts - from quick pancakes to fruity smoothies and easy toast-toppers. Section 2, Lunches, Dips & Dressings, offers an array of healthy plant-based options. The next two Sections comprise 10-Minute- and 20-Minute Meals, where Ella will prove that plant-based eating doesn’t have to be complicated or time-consuming. Choose from quick pasta dishes, simple noodles, hearty veg-laden bowls and Asian-inspired plates. Section 5 is Big Batch Cooking, to help you get ahead and plan your week. The Sweet section includes lots of portable bars, flapjacks and slices to satisfy your sweet tooth. The last section, Weekend, features recipes that require a bit time to make, but will impress and delight your friends and family! The ethos of Deliciously Ella is to share abundant recipes that put vegetables at the heart of our plates, that taste good and are easy to make. Alongside this, Ella is keen to embrace all aspects of well-being, prioritizing self-care. In the book she will share the important insights learned from her chart-topping podcast, bringing a wider holistic dimension and personal angle to this gorgeous, inspiring, healthy cookbook.’She has become the biggest thing in healthy eating!’ - The Times

80 quick, easy and delicious plant-based recipes from the creators of SO VEGAN

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

100 easy recipes for vegan beginners

100 Stories to Say Thank You, Edited by Adam Kay

The Food Medic

My First Vegan Cookbook

Deliciously Ella Making Plant-Based Quick & Easy

*Deliciously Ella The Plant-Based Cookbook*The fastest selling vegan cookbook of all timeHachette UK

#1 Vegan Cookbook For Kids Are you living a plant-based lifestyle? Or perhaps you have recently been inspired by Forks Over Knives, Food Inc, Fat Stick & Nearly Dead or Food tendencies? Like many parents, you may be struggling to get your little ones to enjoy plant-based meals. My First Vegan Cookbook gets your children involved in cooking with you. When children learn to cook and are part in charge of the cooking process they feel empowered and incredibly proud over what they have created. They quickly develop healthy eating habits and move away from any fussy eating behaviours they have picked up. ‘Cooking with kids is not just about ingredients, recipes, and cooking. It’s about harnessing imagination, empowerment, and creativity.’ Guy Fieri What’s more, cooking together as a family provides a wonderful bonding experience and encourages healthy communication with the need to carefully follow instructions and give directions. ‘The table is a meeting place, a gathering ground, the source of sustenance and nourishment, festivity, safety, and satisfaction. A person cooking is a person giving: Even the simplest food is a gift.’ Laurie Colwin Cooking with new ingredients and working with measures is also an enjoyable way to improve children’s vocabulary and show how math is used in real life and not just in a text book. ‘I could cook from quite an early age - purely because I liked it.’ Jamie Oliver My First Vegan Cookbook: Plant based meals made by kids has been thoughtfully created by Stine Garside (Career Woman, Blogger & mother of three). Thousands of followers already depend on her child friendly recipes through her blog ‘Put Ketchup On It’ and this book was developed to specifically involve children in helping to prepare family meals. If you’re a fan of plant-based blogs, such as ‘Oh So Glows’ or ‘Deliciously Ella’, then Stine Garside’s recipes are for you. The book is filled with 27 fun, delicious & simple to make vegan recipes, including Pancakes, Hash Browns, Spaghetti Bolognese, Vegetable Curry, Rice Pudding, Cinnamon Swirls, Hot Chocolate, Strawberry Milkshake and much more, all easily prepared by your children. Whether you are a lifelong vegan, have recently started on a plant-based lifestyle or you just want to eat less meat and dairy, then My First Vegan Cookbook: Plant based meals made by kids is the key to getting the entire family involved.

THE NEW BOOK by BESTSELLING AUTHOR, ELLA MILLS - FOUNDER OF DELICIOUSLY ELLA Despite the increasing number of people moving towards a plant-based diet, there are no clear, evidence-based mainstream books to help anyone looking to adopt this way of eating - either for themselves, or for their family. It can be overwhelming to switch to a plant-based diet, and you may have no idea where to start. Thankfully Ella Mills and her team at deliciously ella have done all the research for you. This book demystifies going plant-based, making it as easy, clear and delicious as possible, and features 100 new recipes to get you started on your plant-based journey. How to Go Plant-Based is not just filled with family-friendly recipes, it’s also a practical guide incorporating Ella’s own journey, alongside scientific research and data, plus insights and information from plant-based experts, including doctors and nutritionists. Ella debunks the common myths surrounding eating a plant-based diet, shares her experiences of cooking for her family and emphasises the importance of making a plant-based diet accessible to everyone - for health, wellbeing, and the planet. The book features 100 plant-based recipes for the whole family to enjoy, with tips on adapting recipes for anyone wearing their little ones. The recipes will also feature the signature deliciously ella concepts we all know and love: quick, easy recipes that use familiar ingredients, recipes perfect for batch cooking, freezable options, easy pastas and one-pots for weeknight meals, and portable snacks and treats. It also features the top 20 FAQs to eating this way, as sourced from Ella’s social media following.

The blogger behind the Saver award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First Mess for Laura Wright ’s simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family ’s local food market and vegetable patch in northern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada ’s original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright ’s signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

A How-To Guide to Going Vegan - for Everyone

Awesome ingredients, incredible food that you and your body will love

Deliciously Ella How to Go Plant-Based

The Groundnut Cookbook

Try Veganoary with Deliciously Ella

The Plant Kitchen

Plant Based Meals Made by Kids: #1 Vegan Cookbook for Kids

The new 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

The record-breaking bestselling cookbook of 2015 that’s taken the healthy eating world by storm! From sumptuous desserts, to food on the go, delicious dips, raw treats and rainbow bowls of awesome veggies, Ella’s philosophy is all about embracing the natural foods that your body loves and creating fresh, simple dishes which are easy to make and taste amazing. Featuring more than 100 new sugar-free, gluten-free and dairy-free recipes to excite your taste buds, this collection will inspire you to eat for better health, glowing skin and boundless energy. A reformed sugar monster herself, Ella knows just how daunting the idea of changing your diet can be. Her must-read book, DELICIOUSLY ELLA, which gets two million visitors a month from all over the world, was inspired by her own health adventure and everything she has learned by healing herself simply through diet. It’s truly amazing to see what you can do with these simple ingredients and how you can so easily create a deliciously healthy version of your favourite dishes. More than anything, Ella wants to show that this way of eating is absolutely not about deprivation and starvation, but instead is about embracing a positive, healthy way of life.

Easy plant-based recipes for simple and nutritious dishes, from light meals to full-on feasts. More and more of us are cutting out animal protein and products from our diets, or at the very least reducing them. Sticking to your resolve to eat a meat-free diet is going to be so much easier when your food is easy to prepare and exciting to eat. This is where The Plant Kitchen comes in. Many of these recipes rely on a rainbow of fresh produce, alongside tasty vegan sources of protein, such as beans, lentils and nuts. Seasonings and sauces take their inspiration from all around the world, creating hearty and nourishing meals with eye-popping colour and irresistible flavour. From tender peas, asparagus and baby carrots and sun-burnished peppers and tomatoes, to the starchy roots and potatoes of the colder months, there is a plant-based recipe here that will showcase seasonal produce all year round, satisfy your appetite and take you on voyage of vegan food discovery.

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.

Deliciously Ella Quick & Easy

Healthy, Easy, Delicious Food to Change Your Life

Plant-based Deliciousness

Deliciously Ella - The New Book! ANZ Only Plant-Based Recipes - from Our Kitchen to Yours

The Self-Care Cookbook

100 Simple Vegan Recipes to Make Everyday Delicious

The Definitive Guide For You and Your Family

Junior Doctor, personal trainer and Instagram hit Dr Hazel Wallace’s first book brings you over 70 nutritional recipes to look and feel amazing whilst debunking the diet myths. ‘I’m a girl who juggles two jobs, who loves to lift, who adores real food - and can’t resist chocolate. As a junior doctor and a personal trainer, I know that we all feel our best when we are free of illness, full of energy and in a healthy weight - and I know it can be done, even if you lead the busiest of lives! I want to debunk the myths that are out there surrounding dieting and instead offer solid, evidence-based advice. I want to bridge the gap between mainstream medicine and nutrition and help you take full control of your fitness and wellbeing, so you will never have to diet again. I want to show you that eating the natural, unrefined and unprocessed wholefood ingredients can be enjoyable, uncomplicated and easy to incorporate into a busy lifestyle. I want this book to change your life.’ Hazel x

The ultimate no-fuss cookbook for the veggie, vegan or flexitarian in your life! 80 quick, easy and delicious vegan recipes, each using only one dish! Anyone considering a foray into veganism should acquaint themselves with the work of Roxy Pope and Ben Pook. . . simple, healthy recipes made up of everyday ingredients’ Vogue _____ One Pot Vegan is the perfect staple cookbook for vegans, vegetarians, flexitarians and anyone who simply wants more plants on their plate. Packed with inspiration for pastas, curries, salads, stir-fries, noodles and even puddings, every recipe uses simple supermarket ingredients - for maximum flavour with minimum fuss. One-pot, one-pan and one-tray recipes include - QUICK AND NUTRITIOUS MIDWEEK MEALS, such as rainbow noodles, smoky sausage cassoulet, and roasted squash with cauliflower and sage - SIMPLE SIDES AND LIGHT BIGHTS, such as roasted vegetable mezze, loaded sweet potato wedges, and no-waste harissa cauliflower - HEARTY HOME COMFORTS, like rich lazy lasagne, mushroom and ale filo pie, and warming port barley chili - TAKEAWAY CLASSICS, including mushroom tikka masala, tofu satay, and Chinese-inspired sweet and sour jackfruit - SWEET TREATS AND DESSERTS such as peanut butter swirl brownies, boozy Caribbean pear cake, and cardamom and pistachio shortbread From the creators of SO VEGAN, one of the world’s leading vegan food platforms with a growing community of over 1.5 million followers. Recipes are accompanied by full nutritional info, plus tips for batch cooking or freezing. Eating more plants has never been so easy! _____ PRAISE FOR SO VEGAN: ‘Faff-free, delicious recipes’ Times ‘Masterstems’ Plant Based News

Delicious plant-based recipes that everyone will love, with this latest book from the UK’s bestselling vegan author, Aine Carlin. With an emphasis on great flavours and fresh, seasonal dishes that don’t rely on substitutes or hard-to-source ingredients, Aine’s style of cooking will appeal to everyone, from vegan-cooking enthusiasts to those simply wanting to dabble now and then. In Cook Share Ella Vegan, Aine has created the ultimate vegan bible, with more than 125 recipes that prove there’s a place for plant-based food at every table. Delight your friends with Crispy Cinnamon Potato Tacos, enjoy a warming bowl of Turmeric & Sweet Potato Soup, or indulge in a delicious Vanilla Panna Cotta. Discover recipes for every occasion and for all times of year - that just happen to be vegan. ‘Fino the balance between health and indulgence, this book is a little bit of everything, from full-on comfort food to zen-inducing bowls to nourish from within. Discover the beauty of plant-based food and leave your preconceived notions at the door - it’s time to cook, eat, smile (repeat)’ - Aine Carlin

Super Natural pivots around an abundance of vegetables and natural, whole foods, celebrating seasonal produce, good fats and whole grains, pulses and legumes, and foods that are almost entirely free of refined carbohydrates and sugars. Best of all, the recipes are accessible, easy, budget friendly, beautiful and delicious. And for Sarah Graham’s loyal army of fans, Super Natural is a guide to living well and eating mindfully - a continuum of her highly popular cookbook Wholesome, which is heading towards its fifth printing. Besides the health benefits of eating more vegetables and, ultimately, fewer animal products, Sarah also has a more altruistic motive, that of caring for our planet and being more aware of where our food comes from and how our eating impacts our world.

Deliciously Ella The Plant-based Cookbook

10-Minute Recipes, 20-minute Recipes, Big Batch Cooking

Over 140 Delicious Plant-Based Recipes

Quick and Easy Recipes for Gluten-Free Snacks, Packed Lunches, and Simple Meals

Easy Healing Plant-Based Recipes

100+ Healthy, Plant-Based Recipes to Share and Enjoy with Friends and Family

SuperLife

The N1 bestselling cookbook with Ireland - for two years running! ‘These lovely boys always create incredibly tasty food.’ Jamie Oliver ‘Lew’s face it while we were flying, our passion for veg and things we are good for is, we sometimes fall short because we’re not sure how to turn all that great produce into great food. Well, welcome to the Happy Pear way of eating - healthy but never boring, easy but never dull, and packed with mind-blowing flavour, exciting texture and vibrant colour. The Happy Pear opened two years ago when twin David and Stephen Flynn, eat more raw than aged and Stephen Flynn, eat passionate about starting a food revolution in their home town, took over their local fruit and veg shop and later opened a cafe. Their revolution has not only succeeded, but it is spreading, and The Happy Pear’s fans range from young parents to pensioners, ladies-who-lunch to teens-on-the-run, hipsters to Hollywood stars. David and Stephen’s first cookbook is full of irresistible recipes for everything from everyday breakfasts, lunches and dinners, to scrumptious - and yes, still wholesome! - cakes and sweet treats, to special occasion splurges. David and Stephen also tell their story (how they transformed from jocks to hippies before finally finding their groove), share their tips for maximizing taste and goodness in food, and explain how they’ve succeeded in building a food business based on flavour, health and community. The poster boys for a healthy way of life! Sunday Times ‘I love The Happy Pear ... genuinely good food that brings healthy eating in from the cold’ Irish Times ‘My favourite [vegetarian cookbook] ... packed with recipes, health advice and inspirational stories.’ Huffington Post ‘A beautifully presented book with mouthwatering photography’ Woman’s Way ‘A healthy eating phenomenon’ Mail on Sunday ‘These Irish twins are on a roll’ Time Out ‘[They] couldn’t look healthier or happier ... the poster boys for vegetarianism in Ireland’ The Times
Originally published: London: Yellow Kite, an imprint of Hodder & Stoughton, an Hachette UK Company, 2016.
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 Woodford 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 palate 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 Tantastic Food. From sweet potato brownies to silky chocolate mousses and roasted butternut squash risotto and homemade fries and ketchup, Ella shares 100 brand-new recipes and tasty classics in her signature, elegant style. Packed with vivid photos and simple, fool-proof instructions, Deliciously Ella provides a foundation for a pure, unprocessed, unrefined diet, so you can cook and feel better while enjoying great food.

100 all-new quick and easy plant-based recipes by bestselling author Ella Mills, founder of Deliciously Ella. Ella’s new collection shows us that vegan cooking doesn’t have to be difficult or time-consuming. It’s easy to embrace a plant-based lifestyle with her fuss-free, simple recipes that cater for our busy lives. Divided into 7 sections, the new book offers -

At head of title on cover: Deliciously Ella.

100 all-new quick and easy plant-based recipes by bestselling author and founder of Deliciously Ella. Ella's new collection shows us that vegan cooking doesn't have to be difficult or time-consuming. It's easy to embrace a plant-based lifestyle with her fuss-free, simple recipes that cater for our busy lives. Divided into 7 sections, the new book offers recipes with an approximate cooking time, showing you how to make simple meals that will satisfy your taste buds and inspire you every day. Delicious breakfasts - from quick pancakes to fruity smoothies and easy toast-toppers Lunches, Dips & Dressings - an array of healthy plant-based options 10-Minute and 20-Minute Meals, plant-based eating doesn't have to be complicated or time-consuming - quick pasta dishes, simple noodles, hearty vegetable-laden bowls and Asian-inspired plates Big Batch Cooking - to help you get ahead and plan your week Sweets - portable bars, flapjacks and slices to satisfy your sweet tooth Weekend - impress and delight your friends and family The ethos of Deliciously Ella is to share abundant recipes that put fruit and vegetables at the heart of our plates, that taste good and are easy to make. Alongside this, Ella is keen to embrace all aspects of well-being, prioritizing self-care. In the book she will share the important insights learned from her chart-topping podcast, bringing a wider holistic dimension and personal angle to this gorgeous, inspiring, healthy cookbook.