

**E**lla Woodward changed her diet and transformed her life after being diagnosed with a chronic health condition. She shared her journey back to health on her blog, *Deliciously Ella*, and became an internet sensation with two million visitors a month, 338,000 Instagram followers and her own app.

Her catalyst for changing the way she ate came when she was diagnosed with Postural Tachycardia Syndrome three years ago. This causes an abnormal increase in heart rate after standing up and Ella suffered palpitations, was exhausted and almost bedridden at just 19.

She took conventional medicine for six months but when her symptoms didn't improve, she researched holistic, natural approaches to health and gave up dairy, gluten, meat, sugar and processed or refined foods – a surprise to her family as her diet revolved around junk foods. Eighteen months later she came off medication and now feels amazing.

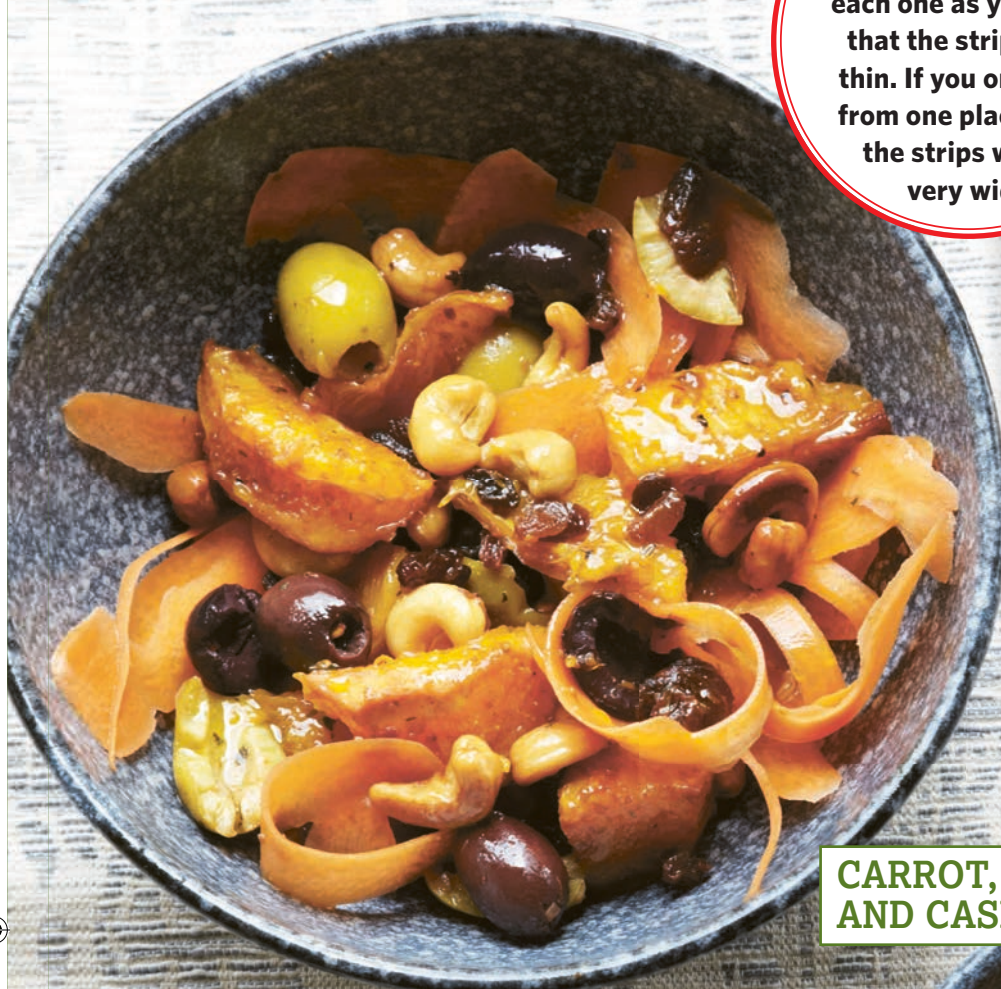
Here we share some simple, plant-based recipes from her bestselling cookbook, *Deliciously Ella*.

A photograph of Ella Woodward, a woman with long brown hair, wearing a grey turtleneck sweater. She is smiling and looking towards the camera while standing in a kitchen. She is holding a red pepper in her hands, and another red pepper is on a wooden cutting board in front of her. A white rectangular dish containing sliced red peppers is on the counter. In the background, there are shelves with various kitchen items like jars and bowls. The overall scene is bright and clean.

# The Queen of clean eating

Ella Woodward shares some of her inspiring, clean-eating recipes

**TOP TIP** As you peel the carrots, twist each one as you go so that the strips stay thin. If you only peel from one place, then the strips will be very wide



This makes a delicious lunch served with fresh green leaves such as baby spinach or lettuce

## CARROT, ORANGE AND CASHEW SALAD

### Carrot, Orange and Cashew Salad Serves 4

*I'm not normally a fan of fruit in salads but it works here as the orange pieces are sautéed with date syrup and cumin, which totally changes their texture and taste. The salad is dressed with orange juice too and it all has a wonderfully sweet feel to it*

- 4 carrots
- 1 mug raisins (200g)
- 5 oranges
- 1 tsp ground cumin
- 2 tsp date or maple syrup
- 1 mug cashews (200g)
- 1 mug pitted olives (180g)
- salt and pepper

- 1 Peel the outside of the carrots and discard that peel. Then peel the rest of the carrots into thin slivers and place these in a large bowl. Next, put the raisins into a bowl of boiling water and let them soak while everything else is prepared. This makes them much plumper and juicier.
- 2 Peel four of the oranges, taking the pith off as well.
- 3 Chop the inside of the oranges into bite-sized segments and place these into a saucepan with the cumin and date syrup – they don't need any oil as they have their own juice.
- 4 Sauté the oranges on a medium heat for about five minutes, until they're really nice and soft. Then pour them, and all the juices in the pan, over the carrots.
- 5 Now place the cashews into the same pan, so that they can soak up the orange flavour and cook them on a medium heat for about three minutes until they go slightly brown, then add these to the salad too. Squeeze the juice of the fifth orange onto the salad and mix in the olives.
- 6 Drain the raisins and stir them in too with some salt and pepper before serving.



## COURGETTE NOODLES WITH AVOCADO PESTO



## Courgette noodles with avocado pesto Serves 4

One of my favourite speedy suppers, it only takes 10 minutes and requires little chopping, which I love! Courgette noodles are a great pasta replacement, are lighter and are packed full of vitamins

### For the noodles:

- 4 courgettes
- two dozen chestnut mushrooms
- olive oil

### For the avocado pesto:

- 1 mug brazil nuts (120g)
- 4 avocados
- 4 tbsp olive oil
- large handful of fresh mint leaves
- juice of 4 limes
- salt and pepper

### For the noodles:

**1** Start by making the courgette noodles by putting the courgettes through a spiralizer. Place the noodles to one side and begin the mushrooms.  
**2** Cut the mushrooms into thin slices, drizzle them with olive oil and then gently heat them in a large frying pan for about five minutes, until they're nice and soft.

### For the avocado pesto:

**1** While the mushrooms cook, place the brazil nuts in a food processor and blend for a minute or two, until they're totally crushed. Then add in the avocado flesh, olive oil, mint leaves, juiced lime and a sprinkling of salt and pepper; blend again.  
**2** Either mix the noodles and sauce together in a bowl raw and then add the mushrooms, or add the sauce and noodles to the mushrooms in the frying pan and gently heat for a couple of minutes to warm the dish up and soften the noodles a little.

## Key Lime Pie Serves 10-12

One of my more adventurous recipes; trust me, it really does taste good. The avocado and coconut milk make this insanely creamy

### For the base

- 2 mugs almonds (400g)
- about 30 Medjool dates (600g), pitted
- 2 tbsp coconut oil

### For the middle

- 5 very ripe avocados
- juice of 3 limes (30ml)
- ¾ mug maple syrup (225ml)
- 4 tbsp coconut milk (I take it from the solid part of the milk in the tin, not the liquid part)
- 1 more lime, to grate

### For the base

**1** Start by making the base. Place the almonds into a food processor and blend for a minute or so until they break down into pieces (not as smooth as a flour though).  
**2** Add the dates to the food processor with the coconut oil and blend again, until the dates have all been crushed and the mix is sticky.  
**3** Use a spatula to press the almond and date mix firmly into a 20-25cm cake tin - the base should be about 2-3cm thick and very compact. Leave the base to one side while you make the middle.

### For the middle

**1** Scoop the flesh out of the avocados, discarding the stones, and place all the flesh into your food processor.  
**2** Add in the lime juice, maple syrup and coconut milk and blend until the mix is totally smooth and creamy. Pour the mix onto the base and place the cake tin in the freezer to set for about an hour and a half - you want it to be firm but not frozen!  
**3** Once you're ready to serve, grate the zest of the remaining lime over the top of the pie.

**TOP TIP** Make sure that the flesh of your avocados is really green. If they have brown spots in them, then your pie will look less vibrant green and more swamp colour!

## KEY LIME PIE



Ella's book is published by Yellow Kite and costs £20. You can also download her App