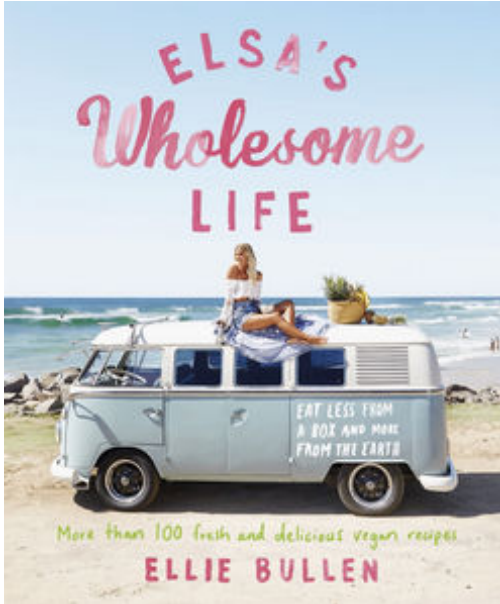


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Download PDF Online Book Elsa's Wholesome Life Ellie Bullen Free eBook PDF/ePub/Mobi, Ellie Bullen's hugely popular blog Elsa's Wholesome Life is a veritable explosion of colour, sunshine, coastal living and delicious plant-based recipes. Her first cookbook features more than 100 of her go-to dishes, from nutritious granolas and powerhouse smoothies to flavour-packed salads and soups, hearty curries and burgers, and drop-dead delicious sweets.

A qualified dietitian and nutritionist, Ellie explains everything you need to know about adopting a plant-based diet, including how to:

- get enough iron, vitamin B12 and calcium
 - achieve the right balance of carbs, proteins and good fats
 - shop smarter and get more organised in the kitchen
- enjoy a lifestyle that is better for you and the environment

Ellie's food is fresh, flavoursome, nutrient-dense and - above all - fun. If you ever needed a reason to eat less from a box and more from the earth, this is it!

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