



Deliciously Stella

Bella Younger

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Deliciously Stella is the world's latest Instafoodie to take the chia seed-eating yoga-pant-wearing health world by storm. Here she tells all on how to get that elusive glow without breaking sweat and shares the #cleaneating life hacks she swears by to achieve a #strongnotskinny look and a #blessed outlook on life. Deliciously Stella is not your average superfoodie; she would rather turn her pictures upside down than brave a headstand and she thinks that Fruit Pastilles are one of your five-a-day. She's not a chef or a nutritionist, but in this day and age who needs to be? Anything can be a recipe if you put the right filter on it. Her first book is packed full of recipes, words of inspiration and yoga poses to help you #gettheglow in the time it takes you to massage your kale. This book will leave you feeling energised, happy and ready to hashtag your way back to health.

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