

# Edinburgh Festival Fringe 2016 REVIEW – Deliciously Stella \*\*\*



Photo by Isy  
Crocker

Sold out and packed, Bella Younger took her character Deliciously Stella to the Pleasance Courtyard to give the punters a tongue-in-cheek lecture on *Smug is a Lifestyle not a Diet*, with what she hopes will have #eatclean and #iamblessed consequences, not short of an Instagram moment or two. She even has a parody Instagram account.

Dubbed as one of *Glamour Magazines* favourite female comedian's, at this the 2016 Fringe, ***Deliciously Stella*** will be performing at Pleasance Below later this year between the 3rd – 28th August. Stella is certainly not your conventional health guru. Her diet is anything but healthy. Stella's idea of a green juice is a bottle of Apple Sours. Her pasta alternatives shun spiralizers in favour of strawberry laces and her beloved coconut water is actually a bottle of Malibu.

However, it does take this fad of foodies that are obsessed with Instagram, food photos, yoga, mindfulness, and other buzz words in this modern world and throw it all into this blended parody. Described as 'the filthy antidote to the cult of clean eating', ***Deliciously Stella*** is certainly poking at the craze that is currently taking over our social media accounts. She does it well, but the consistency could be better, as it's not entirely clear which angle or slant she is taking. However, if fed up of fearing those buzz words then it might be worth a visit to the Pleasance Below.

*Bella Younger's Deliciously Stella is at Pleasance Below  
| Until 28th Aug | 19:15-20:15*