

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: 3 Layer Nut Free Dream Cups

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 1/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Coconut butter and sunflower seed butter are both pretty difficult to find, so I ended up making them both on my own. That was a mistake – my food processor could not handle it! If you don't have a high end processor, I would avoid making the butters.
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Recipe itself was very easy to follow and freezing preparation went by quickly. The less runny your butters are, the faster it will be to set (which was the one bonus with making my own – they came out very thick)
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 2/5
<i>Was the item fair in price?</i>	Some say sunflower butter is cheaper than other nut butters, I found it to be about the same. Coconut butter if not home made is quite expensive
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 4/5
<i>Did it take the amount of time indicated?</i>	Apart from making the butters, yes it took the amount of time indicated, and took one day to prepare
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 5/5
<i>Did the end product look appealing?</i>	Looked great afterwards, such a nice presentation with the three layers
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 3/5
<i>How did finished recipe taste?</i>	It tasted nice, but wasn't a huge fan of the sunflower butter, would much prefer it with peanut butter. Chocolate layer is mildly sweet, you may want to add more syrup
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 5/5
<i>Was there a good amount of texture in the meal?</i>	Great texture, It melted nicely on the tongue but still had a dense texture that allowed you to savor it slowly
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Yes, great fulfilling treat to end the day, or break up the day depending when you have it 😊
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 3/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	It is a bit heavier on the calorie end for a dessert (243kcal) but still not bad. Mostly made up of fat, 79%. It is nut free which is
<i>Were there any high allergens in the meal?</i>	

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<i>Any ingredients that could be omitted?</i>	a plus!
Longevity	SCORE: 4/5
<i>Could this item be made into a leftover?</i>	It is another dessert, which is probably best in the freezer. It would stay sturdy if in a cupcake liner for a couple hours at room temperature, although the texture will change
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	
OVERALL SCORE:	37/50 B-

