

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Blueberry Banana Spelt Muffins

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Yes ingredients were easy to find, spelt flour is the only probably 'special' ingredient, I bought the Bob Mills' brand and it worked great
<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>	Very simple to prepare, I processed the banana in my food processor so it was extra smooth
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 4/5
<i>Was the item fair in price?</i>	Fairly low in cost, with a few specialty ingredients (coconut oil, sugar and spelt flour) but all can be swapped or used in other recipes
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 5/5
<i>Did it take the amount of time indicated?</i>	It didn't take long to make and took the amount of time indicated
<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>	Wonderful appearance, my friends were shocked that they were vegan!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Fantastic fluffy taste with just the right amount of sweetness, and tartness with fresh blueberries
<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, with the crunch of walnuts and the juicy berries
<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>	Great snack, very filling especially with nut butter spread on
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	The muffins are 197 cal each, with a good balance of proteins, fat and carbohydrates. Walnuts can be omitted for nut allergies
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	They last a week or so in the fridge, and also freeze well which is very handy!
<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>	

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OVERALL SCORE:

48/50

