

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Healthy Chocolate Chia Pudding

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Easy to find except for carob powder – I ended up buying carob chips and made my own powder.
<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 easy to prepare and the directions were very well explained. Used the minimal amount of milk and was fine
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 3/5
<i>Was the item fair in price?</i>	Chia seed is fairly expensive, and so is cocoa and carob, so I would rate this lower on this category. You really need the chia to work!
<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>	Very low time commitment, you do have to make this a bit in advance, so it loses a mark there
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 4/5
<i>Did the end product look appealing?</i>	Has a great smell, and appearance is very interesting with the textured chia
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Great taste, even those who don't like carob would find it tasting mild, but nice and sweet
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 4/5
<i>Was there a good amount of texture in the meal?</i>	Great texture, although I can see some not liking texture if they don't like certain consistency
<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>	Felt very fulfilled once combined with peanut butter and coconut. I was full most of the morning
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 4/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Great overall carb content (50%) and higher in fats (37%) but they are the healthier kind. Low allergens in the meal, could sweeten with anything
<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>	This definitely lasts a while sealed in the fridge! Not sure if you can freeze it.
<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:

/50

