WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

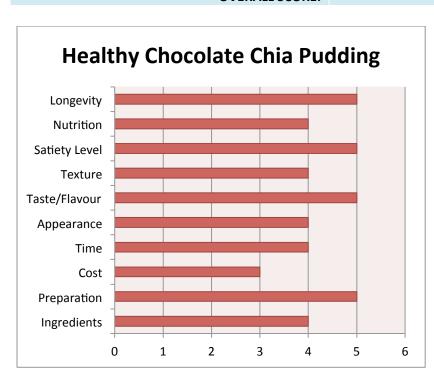
RECIPE: Healthy Chocolate Chia Pudding

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
How easy were the ingredients to find? Did I have	Easy to find except for carob powder – I
on hand already?	ended up buying carob chips and made my
Are ingredients transferable to other recipes?	own powder.
Were the ingredients easy to cook and prepare?	
Preparation	SCORE: 5/5
How easy was the recipe to follow and prepare	Very easy to prepare and the directions
ingredients?	were very well explained. Used the
Were there steps missing, or not well explained?	minimal amount of milk and was fine
Cost	SCORE: 3/5
Was the item fair in price?	Chia seed is fairly expensive, and so is
Were there ingredients that could have been	cocoa and carob, so I would rate this lower
swapped for cheaper ingredients?	on this category. You really need the chia to work!
Time	SCORE: 4/5
Did it take the amount of time indicated?	Very low time commitment, you do have
Was it time consuming?	to make this a bit in advance, so it loses a
Did it take only one day to prepare?	mark there
Appearance	SCORE: 4/5
Did the end product look appealing?	Has a great smell, and appearance is very
Did it have a good smell?	interesting with the textured chia
Taste/Flavor	SCORE: 5/5
How did finished recipe taste?	Great taste, even those who don't like
Did flavors require modifying?	carob would find it tasting mild, but nice
Was there a secondary person to take a taste test?	and sweet
;)	
Texture	SCORE: 4/5
Was there a good amount of texture in the meal?	Great texture, although I can see some not
Were their competing elements that distract from	liking texture if they don't like certain
the recipe?	consistency
Satiety Level	SCORE: 5/5
Did I feel fulfilled at the end of the meal?	Felt very fulfilled once combined with
How long was it after eating the recipe until I had	peanut butter and coconut. I was full most of the morning
to eat again? Nutrition	SCORE: 4/5
How much of the daily recommendations of	Great overall carb content (50%) and
protein/fat/carbohydrates were in the meal?	higher in fats (37%) but they are the
Were there any high allergens in the meal?	healthier kind. Low allergens in the meal,
Any ingredients that could be omitted?	could sweeten with anything
Longevity	SCORE: 5/5
Could this item be made into a leftover?	This definitely lasts a while sealed in the
If so, how does it taste the next day, the day after?	fridge! Not sure if you can freeze it.
Are there certain instructions that need following	,
(ie. keep in freezer?)	
1 7 /	

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Healthy Chocolate Chia Pudding

OVERALL SCORE:



/50