

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Coconut Oil Chocolate Bark

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Yes most of the ingredients I had on hand already – I swapped hazelnuts for pecans as that is what I had on hand
<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>	Was fairly easy to prepare, you do have to watch coconut flakes – I almost burned them!
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 3/5
<i>Was the item fair in price?</i>	I think this was a bit pricier as desserts go, as flaked coconut, coconut oil, cocoa and hazelnuts are all higher in price point
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 2/5
<i>Did it take the amount of time indicated?</i>	It took FOREVER to freeze, in fact it still is not frozen in places. So it didn't completely follow time measurements
<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>	Great overall appearance in the end, apart from it not solidifying in parts underneath
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 4.5/5
<i>How did finished recipe taste?</i>	Great overall taste, loved the chunks of nuts and coconut
<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 textures and combination of crunches. You could sub for any real ingredient you want!
<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>	More of a treat, but yes it fulfilled me ☺
<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>	If you can eat just one piece, it's only 88 calories, which is great! It is highest in fat from the coconut, but it is a healthier fat
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 3/5
<i>Could this item be made into a leftover?</i>	Yes, could be left in freezer for a while for sure. I don't like however that it can't sit at room temperature long – as it starts to melt
<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:	39.5/50 (B)

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