

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Elvis Bars

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Ingredients were easy to find, except coconut nectar syrup (but could replace with brown rice syrup).
<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>	Preparation was very easy, it freezes fast and is quick to blend
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 3.5/5
<i>Was the item fair in price?</i>	Moderate in price, almonds, coconut syrup and almond/peanut butter can be a bit expensive. Peanut butter will lessen the expense
<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>	Yes it was great in time, and perfect to make ahead of time for an event
<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>	Amazing appearance, layered desserts are always a hit at parties in my opinion
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 4/5
<i>How did finished recipe taste?</i>	Taste was really nice, light but also nourishing enough. I think my bananas were a little under-ripe, which would really make a difference if they were the right ripeness
<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 and I could imagine the chocolate drizzle would add a nice crunch to finish it off. You could change the topping for many different things
<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, very fulfilling and I was content after a heavier meal
<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, lower calorie dessert (145 cal), and has 4.7 grams of sugar which is not bad for a dessert.
<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>	This is great stored in the freezer, however I brought as a treat for a friend and left it at room temperature for a while and it
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following</i>	

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(ie. keep in freezer?)

melted miserably. So it is great if you are planning to stay close to a freezer 😊

OVERALL SCORE:

43.5/50

