

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Flu-Fighter Sunshine Smoothie

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Super easy ingredients to find, I had the ginger and lemon juice already
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 3/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Very easy to prepare ingredients, although you definitely need a good blender for this to crush the ice and puree the oranges
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 5/5
<i>Was the item fair in price?</i>	Yes a low price smoothie for sure
<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, again with a good blender though ;)
<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>	Great appearance, bright orange and fruity smelling!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 4/5
<i>How did finished recipe taste?</i>	Great finished taste, with hints of cayenne and ginger. I probably would have doubled the ginger, but I'm a bit of a spice junkie
<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>	Very creamy yet frothy, a perfect morning drink
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 3/5
<i>Did I feel fulfilled at the end of the meal?</i>	Not really, but not sure this is meant to be particularly filling in the first place
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 3.5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Very low in fat (2%) and very high in carbohydrates (93%) so I think it is definitely best for the morning at the start of the day.
<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>	I doubt this would last very long, the juice is really best fresh!
<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:	40.5/50

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