

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Green Monster Smoothie

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Very easy to find, and many I had on hand already!
<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>	Yes very easy to prepare and well explained
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 4.5/5
<i>Was the item fair in price?</i>	Moderate to low in price, the only real expense is getting a good nut butter, and chia seeds, although you don't need much of either
<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>	Very low time commitment, and you can make the night before if you want to save on time in the morning
<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>	Yes, if you like the colour green!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Great overall taste, and my mom mentioned right away that you couldn't taste the spinach which is a major plus ;)
<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>	Smooth and creamy texture, I would add ground chia if you do not like the idea of seeds
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 3.5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Very filling with the peanut butter, I would add protein powder if you would use as a full meal as I was hungry after a while
<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>	240 cal which isn't bad for a smoothie. Again, to increase the protein from 5.8g, I would add a whey protein powder
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 3.5/5
<i>Could this item be made into a leftover?</i>	Smoothies are always best fresh, but in a pinch you could make in a mason jar and refrigerate overnight (and shake it up in the morning).
<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:

43.5/50

