

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: No Nuts About it Granola

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Yes, easy to find and easy to prepare. Only ingredient I couldn't find was the puffed quinoa/amarynth (which is optional). Many you can keep in your pantry for other bars/granola
<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>	Super easy to follow and prepare, no steps were missing
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 3.5/5
<i>Was the item fair in price?</i>	Yes, items were fairly low cost, except maybe for the puffed quinoa if you can find it! Coconut sugar can also be pricey
<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 didn't take a lot of time to prepare and only took a day to prepare. Not long to cook either
<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>	Oh wow did it ever look good, and smell good when it came out of the oven!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Great taste, nice and sweet the way I like it. I used the minimal amount coconut sugar, and swapped brown rice syrup for the coconut syrup which made it cluster
<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>	Perfect amount of crunch! The dried cranberries are a nice chewy touch
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 4/5
<i>Did I feel fulfilled at the end of the meal?</i>	Yes, pretty filling when combined with yogurt and berries. On it's own it would also make a nice snack
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 2.5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	I was shocked at how low it is in protein (3g), which is a bit of a bummer, but high in healthy fats (44%)
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	Yes it stores very nicely, either in a jar in your cupboard, or in your freezer if you can manage to not eat it all right away – which I definitely cannot!
<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:	44/50 A

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