

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Peanut Butter Cookie Dough Bites

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Easy list of ingredients and not too many which is a huge thumbs up!
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	
<i>How easy was the recipe to follow and prepare ingredients?</i>	Very easy to follow – you could even buy the almond meal and oat flour if you were annoyed by processing it ;)
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 4/5
<i>Was the item fair in price?</i>	Pretty low cost, peanut butter is definitely cheaper than almond butter, you really do notice a difference if you use low quality chocolate however
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 4/5
<i>Did it take the amount of time indicated?</i>	Very easy on time as well, although you may take your time on this one licking out the bowl!
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 5/5
<i>Did the end product look appealing?</i>	Very yummy looking!
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 5/5
<i>How did finished recipe taste?</i>	Perfect taste, I loved the contrast of peanut butter and chocolate!
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 4/5
<i>Was there a good amount of texture in the meal?</i>	This is a bit subjective, as I love cookie dough and I think it really nailed it on the head. If you don't like doughy things, this isn't for you
<i>Were there competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Great filling snack, if you want it really as a protein boost, add some whey powder! A little goes a long way
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 3.5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	120 calories per serving, but I dare you to eat just one... and 3g of protein wasn't as much as I thought. Still healthy though compared to raw egg!
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
<b>Longevity</b>	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	These last a good long while in your fridge/freezer!
<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:**

45.5/50

