

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Tropical Pineapple Boozy Baked Oatmeal

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4.5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Easy to find ingredients – pineapple was on sale (bonus!). Didn't want to make a separate purchase to get rum, so I left out.
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	
<i>How easy was the recipe to follow and prepare ingredients?</i>	Very easy to prepare and steps were well laid out
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 3.5/5
<i>Was the item fair in price?</i>	Fairly low in cost, you could cut down on the milk and add water if you want too, and also remove the alcohol
<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>	Didn't take that long to prepare, but did take a while to bake. It could be made in the crockpot I can imagine if you wanted it when you woke up
<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>	Yes it looked great once it was cooked, and the chick on top worked out too! Amazing smell!!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Great taste and flavor overall
<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, loved the contrast of banana and pineapple
<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>	Was very full afterwards!
<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>	A bit low in protein (9%), but overall a good dish, which is low in calories. Seems to be a low allergen dish as well, and is gluten free!
<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 made great leftovers. I heated in the oven and added a splash of milk
<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:

46/50 A+

