

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Lightened up Raw Pecan Pumpkin Butter

| 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 prepare |
| <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> | Yes, very well laid out and apart from the pecans that need soaking, its very fast to make |
| <i>Were there steps missing, or not well explained?</i> | |
| Cost | SCORE: 4/5 |
| <i>Was the item fair in price?</i> | Pecans run a bit expensive, as can pumpkin if not in season. Otherwise pretty well priced |
| <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, very low time commitment required |
| <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> | It doesn't look either appealing or non appealing in my opinion, but smelled great! |
| <i>Did it have a good smell?</i> | |
| Taste/Flavor | SCORE: 4/5 |
| <i>How did finished recipe taste?</i> | Great overall taste, milder than I would have anticipated but it is really nice, perfect hint of pumpkin and of pecan |
| <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 consistent texture perfect as a dip with something crunchy |
| <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> | Nice and filling with the pecans in it, it filled me up for a good couple of hours |
| <i>How long was it after eating the recipe until I had to eat again?</i> | |
| Nutrition | SCORE: 3/5 |
| <i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i> | Mostly fat in this dip (74%) with only 2.2g of protein, which I was slightly shocked by but I supposed there isn't that many pecans per serving. You could make without to make it nut 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> | I've been eating it for several days and it is keeping well in the fridge. I froze half the batch as well. |
| <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> | |

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Lightened up Raw Pecan Pumpkin Butter

OVERALL SCORE:

45/50

