

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Make Ahead Steel Cut Oats with Cinnamon Peanut Butter Swirl

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Easy to find and had much of the added ingredients on hand.
<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>	Easy to prepare food, and like that you made a big portion ahead of time.
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 5/5
<i>Was the item fair in price?</i>	Very low cost meal, and you don't need to use all milk, I tend to cut with water as that way I save some for drizzling on top
<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>	Cooking the oats takes a bit of time, but not too bad and making a big batch helps
<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>	Very nice appearance at the end, as far as oatmeal goes ;)
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Great taste, full of flavor
<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>	Nice and creamy with a nice chew of the porridge which is different from the traditional porridge
<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>	A bit too filling with the peanut drizzle, I think it wasn't needed even! I would just do again with fresh fruit
<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>	Great calories for breakfast (346) with 12.3 grams of protein and 43% carbohydrates (37.9g) – a pretty balanced breakfast!
<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>	Lasted in fridge for 3 days, although by the third day the banana tasted a little strange in it, so I preferred it fresh or used by the second day
<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:	43/50

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