

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Strawberry Shortcake Pancakes

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Everything I had no difficult finding everything, except for arrowroot powder (or is it flour?) – but I had tapioca starch and heard it was a good replacement
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 4/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Easy to follow and prepare, steps were well laid out. I would suggest however making the buckwheat groats into flour not in the morning (to avoid waking up neighbours haha)
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 4/5
<i>Was the item fair in price?</i>	Fairly low cost, although it said on the OSG website comments not to sub for other non gluten free flours, so I had to buy this one extra
<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>	Yes, although the pancakes took a little while to cook
<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>	They looked and 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, and pairs well with the strawberry chia jam. For those who don't like thicker doughier pancakes however, I wouldn't recommend
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 3/5
<i>Was there a good amount of texture in the meal?</i>	Didn't care much for bananas chopped inside, next time I would mash.
<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>	Very very filling
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 4.5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Heavy in carbohydrates (what pancake isn't!) which is actually a good thing first thing in the morning. And 8g of protein is not bad!
<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, all keep well. You have to re-blend the coconut whip cream if you want it the next day, or you could be lazy like me and
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following</i>	

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(ie. keep in freezer?)

spread on solid!

OVERALL SCORE:

42.5/50

