

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Winter Detox Green Smoothie

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 ingredients to find and had some on hand already!
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	SCORE: 4/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Easy to prepare, although would be nice to have directions as to how to layer the items for blending (ie. liquid on bottom)
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 4/5
<i>Was the item fair in price?</i>	Yes pretty good in price, as most produce is seasonal
<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>	Didn't take long to make at all, although apples and kale took time to blend
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 3/5
<i>Did the end product look appealing?</i>	The first time I made it looked good, second time, I don't think I blended enough because it came out pretty chunky
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 5/5
<i>How did finished recipe taste?</i>	Great overall taste and flavor
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 2/5
<i>Was there a good amount of texture in the meal?</i>	Didn't care for texture as my blender wasn't strong enough. I prefer a creamer smoothie. I think this would make a great juice
<i>Were there competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 2/5
<i>Did I feel fulfilled at the end of the meal?</i>	Not very full after having it, more of a snack than a meal
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 3/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Really high in carbs (88%) so again a better snack to have post workout when you need the extra sugar. Could omit any ingredient I think, or swap for other fruit/veg
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
<b>Longevity</b>	SCORE: 3/5
<i>Could this item be made into a leftover?</i>	Yes you could make this the night before, although wouldn't taste nearly as fresh
<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?)*

**OVERALL SCORE:**

35/50 C+

