

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Zucchini Bread Oatmeal

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Yes very easy to find ingredients, I used coconut oil instead of Earth Balance as I don't enjoy processed fats very much
<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>	I grated the zucchini all at once, which made the prep work easy the next two days, and it was easy to prepare even with grating!
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 4/5
<i>Was the item fair in price?</i>	I think this one is fairly low cost, oats and zucchini are cheap. Pecans are not so much, but you could use less or pick walnuts which are slightly less expensive
<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>	A fairly speedy breakfast! I think you could probably make a batch too and live off the leftovers, I'm a snob however and prefer it fresh!
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 3/5
<i>Did the end product look appealing?</i>	For someone not used to plant-based diets, they may be shocked by the green flakes, so I'm going to rate this a bit lower on the appearance, however it looked super appealing to me!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Very pleasantly surprised about the taste of this, you don't notice that it's packed with vegetables! The zucchini adds a nice freshness and moistness that oatmeal sometimes lacks. I loved the flavor
<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>	Again, shocked by the texture, the zucchini just really enhances the texture by adding an ever so slight chewiness. Combined with the crunch of the pecan, it is a great texture balance.
<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 filling, as oatmeal usually is 😊
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	A balanced breakfast, 377 calories with 7.9 grams of protein and nice and heavy on

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<i>Were there any high allergens in the meal?</i>	healthy carbohydrates (39.1g). Nuts could be replaced for seeds if you are allergic
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 4/5
<i>Could this item be made into a leftover?</i>	I can't fully comment on this as I made it fresh every day, but I grated the zucchini the first day and it lasted nicely throughout the next 3 days of eating it!
<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:	44/50

