

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Oil Free Chocolate Zucchini Muffins (in cookbook p. 227)

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4.5 /5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Easy ingredients – I had most of them on hand!! I do feel however that I used a lot more zucchini then it called for, almost two whole zucchini!
<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>	Very easy to prepare and great directions
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 4.5/5
<i>Was the item fair in price?</i>	Very fair in price, only costly item were the walnuts, but they are optional 😊 Vegan chocolate chips also can be expensive, but are so worth it
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 3/5
<i>Did it take the amount of time indicated?</i>	This is tricky because ovens are so different, but mine took 22 minutes to cook. Only took one day to prepare, but you could grate the zucchini ahead of time
<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>	Amazing smell, amazing look with some chocolate chips sprinkled on top!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	The taste was really great, perfect amount of sweetness and not heavy at all. I gave one to a friend and she loved it too
<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>	Nice consistent texture, soft and slightly moist with the zucchini. I liked the addition of nuts to add some crunch
<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>	Great little snack, not a lot of protein but it did fulfill my sweet craving after lunch, and I was full until dinner
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 3.5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Great level of calories (168) for a snack, although wasn't satisfied with only 10.5% protein, vs. a high carb content (68.5%). Great non-allergen snack without nuts!
<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>	Great for leftovers! I am freezing some too for times when I'm lazy and need a good snack 😊
<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: Oil Free Chocolate Zucchini Muffins (in cookbook p. 227)

OVERALL SCORE:

45.5/50

