

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Overnight Oats

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Great easy ingredients to find, and you can add in any ingredient that you like, which I really like about this recipe
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	
<i>How easy was the recipe to follow and prepare ingredients?</i>	This needs to be made the night before, but it really is a life saver in the morning! I often make 3 servings at one time
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 4/5
<i>Was the item fair in price?</i>	Chia seeds are the most expensive part of this meal, and they are needed. So this is a moderate priced meal
<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>	Takes virtually no time at all, and not a lot of clean up either, however you do need to make the night before
<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>	The oats themselves aren't particularly appealing, it is the toppings that make it
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Great taste, can be eaten hot or cold!
<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>	I really like the texture of this, but those who don't like chia (and how it can get gel like) may not like it
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 4/5
<i>Did I feel fulfilled at the end of the meal?</i>	Quite filling! A scoop of peanut butter or protein powder would make it even more filling
<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>	Really great balanced breakfast, high in protein and in carbohydrates.
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 4/5
<i>Could this item be made into a leftover?</i>	Lasts a few days in the fridge, and tastes just as great. I wouldn't recommend freezing 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:	41/50

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