

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Flaked 'Almond' Tuna Salad

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Fairly normal ingredients, apart from kelp granules, which could be found at a specialty or ethnic store.
<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>	Very easy preparation, which is great for a lunch meal. The almonds do need to be soaked, so remember that!
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 4/5
<i>Was the item fair in price?</i>	Pretty low cost, almonds are the most expensive addition to this recipe
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 5/5
<i>Did it take the amount of time indicated?</i>	Very speedy!
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 5/5
<i>Did the end product look appealing?</i>	Great overall appearance, there is a lot of definition with the flaked almonds contrasted with the celery and cucumber.
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 2/5
<i>How did finished recipe taste?</i>	Moderate flavor, it could have been the mayonnaise I used but I didn't care for the taste after a few days. The ground almonds sat in my mouth and the flavor was a bit mild
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 1/5
<i>Was there a good amount of texture in the meal?</i>	Not very fussed by the texture on this one, the name was a bit deceiving as it didn't remind me at all of tuna, it was way too crunchy.
<i>Were their 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>	Moderately filling, but because the flavor and texture wasn't my favorite, I didn't feel fully satiated after the meal was done
<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>	The suggested servings are small (120 calories a serving) – so I would suggest pairing it with a bread or side dish.
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
<b>Longevity</b>	SCORE: 4/5
<i>Could this item be made into a leftover?</i>	The flavors were definitely enhanced by day 2 of sitting in the fridge. Almost better as a leftover!
<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:**

34/50

