

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Ode to Toast with Classic Hummus

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Very easy to assemble, I had all the ingredients already on hand (but forgot about the hemp and sundried tomatoes on my travels)
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	SCORE: 3/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	The hummus requires a food processor and for the best results, dry chickpeas that you soak. So it's a bit of a process to prepare
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 3.5/5
<i>Was the item fair in price?</i>	Fair in cost, although avocado, sundried tomatoes and hemp hearts run a bit more on the expensive side
<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>	Yes doesn't take much time to prepare once the hummus is made – and it makes a lot!
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 4/5
<i>Did the end product look appealing?</i>	Yes, it is a great final product and smells very garlicky!
<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, very rich ingredients and subtle tang with the sundried tomatoes
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 5/5
<i>Was there a good amount of texture in the meal?</i>	Great texture, the hummus is smooth and hearty next to the crunchy bread
<i>Were their competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Wow, I underestimated how filling this is...
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	20 grams of protein in this meal, with 85% of it containing healthy fats, it is a great meal to have post workout or mid-day.
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
<b>Longevity</b>	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	This can be stored for sure, and even hummus can be frozen as it makes a lot
<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>	

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**OVERALL SCORE:**

44.5/50

