

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Crispy Quinoa Cakes

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Very easy to find, nothing out of the ordinary, although I would have preferred just using gluten free flour
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 3/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	It's a bit of work to prepare, and she reminds you to use the flour, which I think is extra important! I also found the quinoa hard to work with unless it was completely cool, and a little on the dry side
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 3.5/5
<i>Was the item fair in price?</i>	Quinoa and sundried tomatoes can be a bit expensive, but this makes quite a few which is nice
<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>	Yes it followed the time very accurately, the hardest part is making sure all ingredients are cool and cut small enough
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 4/5
<i>Did the end product look appealing?</i>	Yes, although I am a bit of a nit pick and would have prefer a mold to use
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Very nice overall taste, with some great contrasting flavor with the quinoa, sweet potato, kale and sundried tomato
<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>	Great texture, and even better if you fry up the patties after they have been baked, to make them extra crispy
<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>	Yes quite satisfying! I was shocked by how small they came out, yet how filling they were
<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>	Each cake is only 97 calories, and has a great percentage of fat(31%) to carbs(54%) to protein (15%). You could omit the sundried tomatoes or sub sweet potato for other potatoes most probably
<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>	Yes definitely! Can freeze or keep in the fridge for leftovers!!
<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:

43.5/50

