

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Roasted Tomato Pizza

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Easy to find yes, and I had the tomatoes and cashews on hand already.
<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>	The cashew cheeze takes some patience, I soak mine for quite a while and use my immersion blender and it blends it nicely – but you need a good blender for this.
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 4/5
<i>Was the item fair in price?</i>	Cashews can be a bit more expensive, but the other ingredients are pretty standard. You can easily make pitas (or spelt flatbread) to save costs
<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>	I roasted the tomatoes longer than it asked to, by about 5-7 minutes as I wanted them to be quite roasted. Otherwise not time consuming
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 3.5/5
<i>Did the end product look appealing?</i>	Has an interesting appearance, a little different with the dark cheeze. Needed some green, like basil to brighten up the dish. Smell was amazing!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Very nice flavor, I added balsamic reduction and basil at the end and it took the pizza over the top. Secondary (meat eater) tester loved it! Even swore when trying it ;)
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 4/5
<i>Was there a good amount of texture in the meal?</i>	Great texture, some may want some crunch added to the pizza but the crust on mine got nice and crispy.
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 3.5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Pretty full after, but honestly could have had another one (maybe because it was that good!)
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 3/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Pretty good overall calorie count (366kcal) and not bad in protein at 10.2g. Can't really sub the cashews in the sauce for nut allergies
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 5/5

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<i>Could this item be made into a leftover?</i>	Yes, it stays well in the fridge. Had it cold the next day and wasn't as good, but still was very tasty. Could probably also freeze
<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:	40.5/50 A-

