

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Flaked 'Almond' Tuna Salad

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 3/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Some interesting and unique ingredients – search the comments for substitutions (I ended up using brown rice flour instead of sorghum, and tapioca starch instead of arrowroot powder). Some of these ingredients can be used again, but I suggest buying it from bulk barn if you can, so you only need to get the quantities you need.
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Loved that you didn't need a hand mixer for this one, could be easily made by hand and super quick!
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 3/5
<i>Was the item fair in price?</i>	If you don't have all the ingredients, could be costly. See above for tips ;)
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 5/5
<i>Did it take the amount of time indicated?</i>	A very low time commitment activity!
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 5/5
<i>Did the end product look appealing?</i>	Beautiful appearance, great to take to a party!
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 4/5
<i>How did finished recipe taste?</i>	Wonderful flavor, especially straight out of the oven. They do dry out slightly over time, so I would store in the fridge to keep freshness
<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>	Perfect texture, with a nice soft chewy center and crispy outer layer
<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>	A great after meal snack, or a dinner if you eat as many as I did ;)
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 4/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	If you could eat just one, it is pretty satisfactory as far as calories (118 cal) with a good serving of carbohydrates.
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 3/5
<i>Could this item be made into a leftover?</i>	They tended to dry out slightly, so better

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<i>If so, how does it taste the next day, the day after?</i>	made fresh
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	
OVERALL SCORE:	42/50

