

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Veggie Summer Rolls with Spicy Peanut Lime Sauce

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Yes ingredients were easy to find, and seasonal.
<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>	Love how the wrappers had a separate tutorial added, as those were a bit tricky I have to admit (and I've made similar wraps before)
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 5/5
<i>Was the item fair in price?</i>	Great price-point, the most expensive addition is the peanut sauce, which isn't bad at all as you aren't using that much
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 3/5
<i>Did it take the amount of time indicated?</i>	Chopping vegetables took the most work, and the wrappers could get a bit tedious too I guess.
<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>	Super unique looking at the end. I recommend using bright carrots and peppers so the colours stand out
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 3.5/5
<i>How did finished recipe taste?</i>	Great taste, although would prefer a flavored tofu next time, that way I didn't have to drench it in sauce to get the flavor I was looking for
<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 crunch and chew with the nice thin rice wraps. This would definitely be perfect for a summer day
<i>Were their competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 3.5/5
<i>Did I feel fulfilled at the end of the meal?</i>	A bit light, so again great for summer but maybe not filling enough in cold winter months
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 3.5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Very low in calories for a meal (244 cal) and pretty low in carbohydrates (43%) compared to fat (44%). 8 grams of protein is fairly reasonable, although wish it was a heavier protein meal
<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>	It lasted a couple days in the fridge which was nice, when wrapped in foil or saran wrap.
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following</i>	

**WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST**

RECIPE: Veggie Summer Rolls with Spicy Peanut Lime Sauce

*(ie. keep in freezer?)*

**OVERALL SCORE:**

40.5/50

