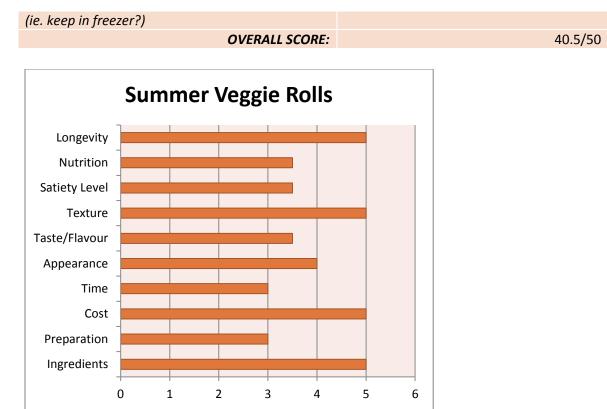
## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Veggie Summer Rolls with Spicy Peanut Lime Sauce

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 5/5
How easy were the ingredients to find? Did I have on hand already? Are ingredients transferable to other recipes? Were the ingredients easy to cook and prepare?	Yes ingredients were easy to find, and seasonal.
Preparation	SCORE: 3/5
How easy was the recipe to follow and prepare ingredients? Were there steps missing, or not well explained?	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)
Cost	SCORE: 5/5
Was the item fair in price? Were there ingredients that could have been swapped for cheaper ingredients?	Great price-point, the most expensive addition is the peanut sauce, which isn't bad at all as you aren't using that much SCORE: 3/5
Time	•
Did it take the amount of time indicated? Was it time consuming? Did it take only one day to prepare?	Chopping vegetables took the most work, and the wrappers could get a bit tedious too I guess.
Appearance	SCORE: 4/5
Did the end product look appealing? Did it have a good smell?	Super unique looking at the end. I recommend using bright carrots and peppers so the colours stand out
Taste/Flavor	SCORE: 3.5/5
How did finished recipe taste?	Great taste, although would prefer a
Did flavors require modifying? Was there a secondary person to take a taste test? ;)	flavored tofu next time, that way I didn't have to drench it in sauce to get the flavor I was looking for
Texture	SCORE: 5/5
Was there a good amount of texture in the meal? Were their competing elements that distract from the recipe?	Great crunch and chew with the nice thin rice wraps. This would definitely be perfect for a summer day
Satiety Level	SCORE: 3.5/5
Did I feel fulfilled at the end of the meal? How long was it after eating the recipe until I had to eat again?	A bit light, so again great for summer but maybe not filling enough in cold winter months
Nutrition	SCORE: 3.5/5
How much of the daily recommendations of protein/fat/carbohydrates were in the meal? Were there any high allergens in the meal? Any ingredients that could be omitted?	Very low in calories for a meal (244 cals) 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
Longevity	SCORE: 5/5
Could this item be made into a leftover? If so, how does it taste the next day, the day after? Are there certain instructions that need following	It lasted a couple days in the fridge which was nice, when wrapped in foil or saran wrap.

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

E: Veggie Summer Rolls with Spicy Peanut Lime Sauce



RECIPE: