

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Salt and Vinegar Chickpeas

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Super easy to find, I had them on hand already – and can be easily used for other ingredients (aka the hummus coming up!)
<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>	Preparation was easy enough, and steps were well explained. I could have baked the peas a lot longer however
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 5/5
<i>Was the item fair in price?</i>	Very low in price, and I can see that you can swap the flavors easily with the baked chickpeas
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 3.5/5
<i>Did it take the amount of time indicated?</i>	Took a bit of time – but not a lot. I would double this recipe next time so that it takes less time overall. Beans need prepping if making from scratch
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 3.5/5
<i>Did the end product look appealing?</i>	Great appearance, and the smell is very strong in the house! So you must like vinegar!
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 4/5
<i>How did finished recipe taste?</i>	Such a good flavor, at first it doesn't seem strong but it sits in your mouth as you eat it. I had several people try them and enjoy them as well. Again, must be a SV fan!
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 3.5/5
<i>Was there a good amount of texture in the meal?</i>	This goes back to the baking, I liked them better with an additional 20 mins in the oven for extra crisp
<i>Were their competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Very filling – great snack
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 4/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Pretty good for overall balanced snack, the carbohydrates are slightly high (63%) but not bad – great post workout. Pretty low allergen snack as well
<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>	Yes, these last a long time in a mason jar, several weeks in fact (I have made before)
<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>	

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**OVERALL SCORE:**

41.5/50 (A-)

