

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Cardamom Pear Crisp

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Yes all ingredients are easy to get, except perhaps the vanilla pod, which could easily be switched with vanilla extract
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 4/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Fairly easy preparation, I made this in the morning and forgot you had to chop the nuts, sorry upstairs tenants!
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 3.5/5
<i>Was the item fair in price?</i>	Almonds, cardamom and vanilla pods do up the ante on this one, but again you could sub for other spices and nuts
<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>	Yes it was low time commitment, although it seemed to take a while longer to bake, I left it in for 30 mins in my oven, and then uncovered it at the end for an additional 5 minutes so it would crisp up
<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 end product, and the smell of cardamom was unreal
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 4.5/5
<i>How did finished recipe taste?</i>	Yes it tasted great, I really liked it. Could have added a bit more cardamom as I loved it.
<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>	Great crunch, loved the texture
<i>Were there competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 4/5
<i>Did I feel fulfilled at the end of the meal?</i>	Fairly filling, once I added some yogurt to it
<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>	A pretty good meal as far as carbohydrates go, but also contains lots of sugar (31.7g), again it is meant as a dessert!
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	Lasts well in the fridge for a few days, not sure if you could freeze, but probably!
<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:

42/50

