

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Jumbo Chickpea Pancake

| CATEGORY | SCORE/COMMENTS |
|---|--|
| Ingredients | SCORE: 4/5 |
| <i>How easy were the ingredients to find? Did I have on hand already?</i> | Yes very easy ingredients, even chickpea flour is surprisingly easy to find, or you can grind it up yourself in a pinch. |
| <i>Are ingredients transferable to other recipes?</i> | |
| <i>Were the ingredients easy to cook and prepare?</i> | |
| Preparation | SCORE: 3/5 |
| <i>How easy was the recipe to follow and prepare ingredients?</i> | Very simple to prepare, except for the flipping part. Make sure you have a good pan and the pancake is fully cooked, as suggested! |
| <i>Were there steps missing, or not well explained?</i> | |
| Cost | SCORE: 5/5 |
| <i>Was the item fair in price?</i> | Very low cost, and toppings can be as pricey or as simple as you like, which makes it nice |
| <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> | Very quick to make which is lovely! |
| <i>Was it time consuming?</i> | |
| <i>Did it take only one day to prepare?</i> | |
| Appearance | SCORE: 4/5 |
| <i>Did the end product look appealing?</i> | If you can get it flipped properly, it has a very unique and nice presentation. I like to pipe on the cashew sour cream with a snipped Ziploc bag. |
| <i>Did it have a good smell?</i> | |
| Taste/Flavor | SCORE: 4/5 |
| <i>How did finished recipe taste?</i> | Great taste which was also very filling, and had great toppings. Unfortunately I had no taste tester on hand ;) |
| <i>Did flavors require modifying?</i> | |
| <i>Was there a secondary person to take a taste test? ;)</i> | |
| Texture | SCORE: 3.5/5 |
| <i>Was there a good amount of texture in the meal?</i> | I liked this texture, it was a dense pancake and had a nice crunch from the peppers. Some of the toppings could have added more crunch in my opinion |
| <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> | Very filling |
| <i>How long was it after eating the recipe until I had to eat again?</i> | |
| Nutrition | SCORE: 5/5 |
| <i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i> | On its own, it is only 198 calories, without any toppings, with 11g of protein! So I can tell this is a very good meal when you add avocado and other toppings |
| <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> | Yes, I think it could definitely be left in the fridge, however it is so quick to make that |
| <i>If so, how does it taste the next day, the day after?</i> | |

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Are there certain instructions that need following (ie. keep in freezer?)

it is not really needed, and all the toppings keep well as well (avocado, hummus, cashew cream)

OVERALL SCORE:

43.5/50

