

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Chana Masala

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Easy ingredients to find, but had to go to a couple spots to find dried cherries
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	
<i>How easy was the recipe to follow and prepare ingredients?</i>	You definitely need a high powered food processor for this one, the dates are hard to blend
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 3/5
<i>Was the item fair in price?</i>	I would say this is on the higher end of the scale, all ingredients are pricier
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 4/5
<i>Did it take the amount of time indicated?</i>	Not too bad for time commitment, if you have the appropriate appliance however
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 3/5
<i>Did the end product look appealing?</i>	They look very appetizing to me, not to my boyfriend haha. So depends who you ask ;)
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 4/5
<i>How did finished recipe taste?</i>	Really nice flavor, sweeter than I anticipated!
<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>	Liked the crunch of the nuts with the softness of the dates, it's a great satisfying dessert or power snack
<i>Were their competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 4/5
<i>Did I feel fulfilled at the end of the meal?</i>	Not necessarily filling, but very satisfying and you probably won't need to eat anything for while after
<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>	I was surprised how low it was in sugar for how sweet it was, only 9.5g per ball, and a great amount of fibre as well as carbohydrates
<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, they are stored in my freezer so they last a long time!
<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:**

39/50

