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Bringing Home the Seitan: 100 Protein-Packed, Plant-Based ...

Bringing Home Seitan is the perfect addition for herbivores and carnivores alike, the recipes are varied and really show off the versatility of Seitan. You don't need to be well versed in asian

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cuisine or cuisine in general, these recipes can be made and enjoyed by anyone and specifically for those who choose to abstain from meat products this book will be a breath of fresh air.

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