



## **Bringing Home the Seitan: 100 Protein-Packed, Plant-Based Recipes for Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings**

*Kris Holechek Peters*

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## **From Reader Review Bringing Home the Seitan: 100 Protein-Packed, Plant-Based Recipes for Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings for online ebook**

### **Grace says**

Really good cookbook with fresh recipes. As a vegan, I was a bit disappointed that it was vegetarian, but the nonvegan ingredients are easily replaceable. Biggest happy surprise- a recipe for summer sausage! I have been looking for a suitable replacement for summer sausage for over a decade and a half. I will update once I make that and a few other recipes in this book.

In compliance with FTC guidelines, I am disclosing that I received the book for free through Goodreads First Reads.

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### **Eileen says**

I won this as a good reads first read giveaway. I found the book informative and learned a lot.

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