

5 Minute Single Serving Seitan



PREP TIME

2 mins

COOK TIME

5 mins

TOTAL TIME

7 mins



COURSE

Dinner, Lunch, Snacks



SERVINGS

1 serving

CALORIES

205 kcal

INGREDIENTS

- 6 Tbsp vital wheat gluten
- 1 Tbsp Nutritional Yeast
- 1 Tbsp PB2
- 1/2 tsp seasoning of choice
- 1/2 c water
- 1/2 tsp liquid smoke (optional)

INSTRUCTIONS

1. Spritz a panini press or waffle iron with cooking spray on both top and bottom and turn on high.
2. In a small bowl, mix vital wheat gluten, nutritional yeast, pb2 and spices.
3. Add water and liquid smoke.
4. Mix well. It should be a little wet, thats ok. Add more water if needed.
5. Pour into your iron, gently spreading with the back of your spoon.
6. Close iron and cook for 5-10 minutes depending on how crispy you like it!
7. Slice and serve with sauce of your choosing!

NUTRITION

Nutrition Facts

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Amount Per Serving	
Calories 205	Calories from Fat 5
% Daily Value*	
Fat 0.5g	1%
Carbohydrates 10g	3%
Protein 40g	80%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!