Webpage information (para q le hagan copy paste)

**Home Product**

Brief description:

Seitan-based meat: provides animal meat´s nutrients, and is totally accesible.

**Description**

Our product consists of a seitan-based meat imitation that has the goal of providing animal meat´s nutrients like vitamin B, D, iron, and others. In addition, this meat is also accesible and made with quality ingredients, supporting Global Goal #2 Zero Hunger and #3 Good Health and Well-being.

**Advantages & benefits**

1. You eat meat without a probability of its bad effects like cholesterol affecting your health years later.
2. It provides more iron than chicken, which is good for your blood´s health
3. This meat is accesible
4. It is easy to cook
5. Many dishes can be made from this meat
6. Takes less than 10 minutes to get a dish from our product

**Materials list: (opcional por que ya pusimos la foto)**

* Wheat flour
* Water
* Consomé
* Spinach
* Mushroom
* Lentils
* Chick-pea

**Procedure (more exact) (opcional por que ya pusimos la foto)**

1. Make a mass with flour and water. Mold for at least 10 minutes.
2. Let your dough rest in a bowl with water for 2 hours.
3. While the mass rests, prepare the paste. First, crush all your boiled ingredients
4. Second, integrate them to get your paste.
5. Back to the dough, start washing it with water till the leftover water after washing is completely transparent.
6. When done, proceed to add the paste to the cleaned dough.
7. Make the form
8. Start boiling your meat pieces for one hour from each side.
9. Add breaded
10. All ready! Now you can prepare any delicious meal pf your preference!!
11. First, make a mass with flour and water. Second, kneed the dough for at least 10 minutes.
12. Then, let your dough rest in a bowl with water for 2 hours. While the mass rests, prepare the paste.
13. Start with crushing all your boiled ingredients. After that, mix them all together to get a paste.
14. Back to the dough, start washing it with water till the leftover water after washing is completely transparent.
15. This will indicate when our dough is completely clean, leaving carbs and other components, and gluten staying in the mass.
16. When done, continue to add the paste to the cleaned dough. Then, make your meat´s form. After forming the pieces,
17. start boiling your meat pieces for one hour from each side. Finally add oat breaded for a better taste.
18. All ready! Now you can prepare any delicious meal of your preference!!

**About us**

We are a five people team conformed by women interested in help with people´s health, as also our help being able to get by most of the population and cooked easily.