

# Seitan Base Mix

*Swick*

Makes 3 cups | Active Time: 30 minutes | Total Time: 30 minutes

## Chef's Notes

This recipe is used as a base for BBQ Glazed Seitan, Apple Fennel Maple Sausages, and Roasted Pepper Seitan Sausages.

## Preparing the Mix

In mixing bowl, mix all ingredients thoroughly.

Use as a base for many seitan recipes. Powder will keep well in a sealed container in a cool and dry place.

## Step 1: Preparing the Mix

- 2 1/2 cups vital wheat gluten flour
- 1/3 cup nutritional yeast
- 2 tbsp onion granules
- 1 1/2 tbsp garlic granules