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embrace a plant-based or vegan diet
do so for ethical reasons and not
because they dislike the flavor and
texture of meat.

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Seitan, another name for wheat gluten,
is not gluten-free. Seitan (pronounced

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say-tann) is made by washing wheat flour dough until all the starch is removed and only the gluten protein remains. The protein is then cooked and served, often as a meat substitute in vegetarian and vegan dishes.

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