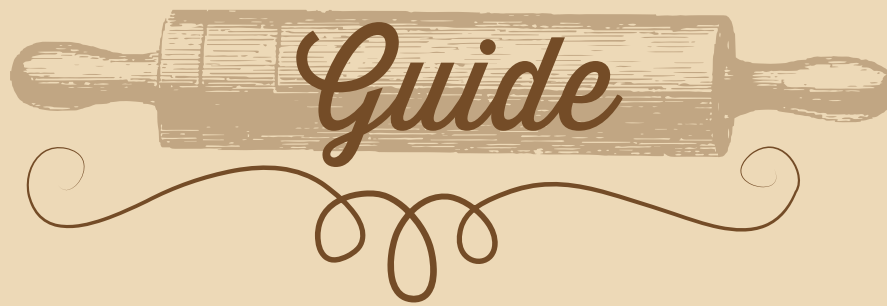


Gluten Free Flour



Almond Flour or Meal

Almond flour is made from blanched almonds with the skin removed. Almond meal is coarser and has the skin and is not blanched and resembles corn meal. The flour is great for baking muffins and cookies, like French macaroons. The meal is great for breading meats like chicken.

Nut flours including hazelnut and pecan are high in vitamin E, calcium, magnesium and protein.

Buckwheat

An ancient cereal-grain crop. It has the word wheat in its name but it is not wheat and is gluten free! Slightly bitter taste. Use it for making delicate griddle cakes as the early colonial Americans once did.

Buckwheat can help lower cholesterol and has prebiotic-like benefits. Vitamin B, magnesium, phosphorous, potassium, a superfood!

Brown or white Rice

The brown rice flour is heartier, has a lot of fiber and is more gritty. While the white rice and sweet rice flour are best for pastry and is light in texture and does not have a lot of fiber. Neither have a lot of protein. Mix with other higher protein flours when baking for balance and structure. Nice base flour for cakes or cupcakes.

Whole grains contain phytonutrients which have been shown to protect from cancers and heart disease.

Corn

Corn flour is a whole grain, high in fiber, made from the whole kernel. It can be a filler a binder or a thickener. Masa harina is used in making corn tortillas. Mix with other flours to make cornbread. It is used in gluten free pasta. Use it instead of breadcrumbs for a crunchy coating on fried foods.

Containing vitamin A, magnesium and iron, dietary fiber. Corn flour keeps you full and digests slowly. Make sure your corn flour or cornmeal is certified gluten-free.

Coconut

Sweet and tastes like coconut! Use it to replace wheat flour but it is very absorbent. Replace 33% coconut for every cup for wheat flour in a recipe. It can make baked goods dense and dry so be sure to add eggs and fruit pulp to increase moisture.

Coconut flour is high in protein and fiber. It's not a grain. It contains lauric acid a saturated fat that is a "good fat" supporting the immune system and great for your skin.

Garbanzo Bean

A grain-free gram flour made from dried chickpeas is an Indian staple flour. With a delicate nutty taste, used to replace wheat flour but generally mixed with other gluten free flours like sorghum or rice flours to get better baking results. Falafels anyone?

High in protein low in fat. Providing higher folate than enriched all-purpose flour and also vitamin B-6, iron, magnesium and potassium.

Gluten Free Flour Blend

Gluten-free all-purpose flour mixes are based on a 40/60 ratio: 40% whole grain high protein flour and 60% white flours or starches. The white starches or flours like tapioca or potato starch are not nutrient rich but add the fluffiness and can replicate traditional look of wheat baked goods. Xanthan gum or guar gum is your gluten replacement as they help to thicken and emulsify. Experiment and find your own favorite mix!

Oat

Powerfully nutritious whole grain oat flour has a subtle sweet flavor. Use it for 20% of flour in baked muffins, breads and crusts. High in protein add it to shakes or smoothies for a protein boost.

Oat consumption reduces serum cholesterol. Contains beta glucans that help boost the immune system and reduce risks of diabetes. Make sure your oat flour is certified gluten-free.

Quinoa

Quinoa is a superfood called the "mother of all grains" by Andean civilizations. Has a stronger, nutty, earthy flavor. A protein rich pseudo-cereal. Quinoa flour mixed with rice or corn makes better pasta. In baking replace 20% of the traditional flour. Mix with other gluten free flours.

High in calcium great for lactose intolerant people and essential amino acids. It also contains zinc, iron, vitamin B, phosphorus, potassium, magnesium and manganese.

Sorghum

An ancient cereal grain and the fifth most important grain crop in the world. Most likely arrived in the Americas from Africa with 19th century slave traders. Use sorghum in your muffins, breads, pizzas, pastas, casseroles, cookies, cakes, pies and more. Add 1/2 teaspoon xanthan gum per cup of sorghum flour for cakes and cookies and 1 teaspoon per cup for breads to replace the gluten and make your dough stretch.

High in antioxidants, and believed to help lower the risk of cancer, diabetes and heart disease.

Starches and Gums

These starches are often used to improve the balance of gluten free flours. Without gluten the baked goods can go flat. The body is not there.

Guar Gum Made from the beans of the guar plant. Less expensive of the gums, add small amounts to flours to add stickiness to recipes as it has 8x's more water thickening potency than cornstarch. Improves shelf life and texture.

Xanthan Gum An emulsifier is most expensive as it is made from fermenting corn sugar with a bacteria, the slimy paste is then dried and made into a powder. It is most preferred in gluten free baking for it has no taste it performs well, a tiny bit goes a long way. Improves shelf life and texture.

Cornstarch Generally used to thicken sauces and stews, add some to cold water, mix well and pour slowly into your lightly simmering gravies while stirring. Use it in pies to thicken the fillings.

Potato Starch Adds moistness to gluten free baked goods and used to thicken sauces and stews like cornstarch.

Tapioca Starch Starchy white flour that has a slight sweet flavor to it. Use it in combination with other gluten free flours to bind ingredients in gluten free baking. Also can replace corn starch.

Teff

A very small grain the size of poppy seeds, comes in many colors, originated in Ethiopia. Has a sweet and nutty flavor. Used to make injera - a spongy flatbread. Make teff into a wrap, cookies, pie crusts, breads, sprinkle on vegetables or add to soups.

Very high in calcium, vitamin C and powered with protein. Teff is high in resistant starch, a newly-discovered type of dietary fiber that can benefit blood sugar management, weight control, and colon health.