

GLUTEN-FREE FLOUR SUBSTITUTIONS

'Nourish 28' - The Clean Eating Plan

GLUTEN FREE

To make a flour blend, thoroughly combine all of the ingredients, and store in a covered container in the refrigerator until used. You can double or triple these recipes to make as much flour mix as you need.

Note: If you purchase a commercial flour blend, read the ingredient list carefully. Some blends contain salt and xanthan or guar gum. If so, there is no need to add more.

ALL-PURPOSE FLOUR BLEND

Use this blend for all of your gluten-free baking.

½ cup rice flour

¼ cup tapioca starch/flour

¼ cup cornstarch or potato starch

Each cup contains 436 calories, 1g total fat, 0g saturated fat, 0g trans-fat, 0mg cholesterol, 99g carbohydrate, 3mg sodium, 2g fibre, 5g protein

HIGH-FIBRE FLOUR BLEND

This high-fibre blend works well for breads, pancakes, snack bars, and cookies that contain chocolate, warm spices, raisins, or other fruits. It is not well-suited for delicately flavoured recipes, such as sugar cookies, crepes, cream puffs, birthday cakes, or cupcakes.

1 cup brown rice flour or sorghumflour

½ cup teff flour (preferably light)

½ cup millet flour

⅔ cup tapioca starch/flour

⅓ cup cornstarch or potato starch

Each cup contains 428 calories, 2g total fat, 0g saturated fat, 0g trans-fat, 0mg cholesterol, 92g carbohydrate, 19mg sodium, 5g fibre, 8g protein.

HIGH-PROTEIN FLOUR BLEND

This nutritious blend works best in baked goods that require elasticity, such as wraps and pie crusts.

- 1 ¼ cups bean flour – chickpea is a fabulous choice
- 1 cup arrowroot starch, cornstarch, or potato starch
- 1 cup tapioca starch/flour
- 1 cup white or brown rice flour

Each cup contains 588 calories, 3g total fat, 0g saturated fat, 0g trans-fat, 0mg cholesterol, 128g carbohydrate, 24mg sodium, 6g fibre, 11g protein.

SELF-RAISING FLOUR BLEND

Use this blend for muffins, scones, cakes, cupcakes, or any recipe that uses baking powder for leavening.

- 1 ¼ cups white sorghum flour
- 1 ¼ cups white rice flour
- ½ cup tapioca starch/flour
- 2 teaspoons xanthan or guar gum
- 4 teaspoons baking powder
- ½ teaspoon sea salt

Each cup contains 514 calories, 3g total fat, 0g saturated fat, 0g trans-fat, 0mg cholesterol, 113g carbohydrate, 1163mg sodium, 8g fibre, 10g protein.

** Nutrient amounts are approximate due to variances in product brands, manufacturing and actual preparation.*

GENERAL GUIDELINES FOR USING XANTHAN/GUAR GUM

Gum (xanthan or guar) is the key to successful gluten-free baking. It provides the binding needed to give the baked product proper elasticity and keep it from crumbling.

Add $\frac{1}{2}$ teaspoon xanthan or guar gum per cup of flour blend to make cakes, cookies, bars, muffins, and other quick breads.

Add 1 teaspoon per cup of flour blend to make yeast bread, pizza dough, or other baked items that call for yeast.

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OTHER USEFUL SUBSTITUTIONS

MILK

Replace 1 cup cow's milk with one of the following:

- 1 cup almond milk (plain)
- 1 cup rice milk
- 1 cup fruit juice
- 1 cup water
- 1 cup coconut milk
- 1 cup goat milk, if tolerated
- 1 cup hemp milk

BUTTERMILK

Replace 1 cup buttermilk with one of the following:

- 1 cup almond milk + 1 tablespoon lemon juice or 1 tablespoon white vinegar
(Let stand until slightly thickened)
- 1 cup coconut milk
- $\frac{7}{8}$ cup rice milk
- $\frac{7}{8}$ cup fruit juice
- $\frac{7}{8}$ cup water

YOGURT

Replace 1 cup yogurt with one of the following:

- 1 cup almond yogurt or coconut yogurt
- 1 cup unsweetened applesauce
- 1 cup fruit puree

BUTTER

Replace 8 tablespoons butter with one of the following:

- 8 tablespoons or Coconut Oil
- 8 tablespoons olive oil

For reduced fat:

- 6 tablespoons unsweetened applesauce + 2 tablespoons fat of choice

EGGS

Replace 1 large egg with one of the following:

- 3 tablespoons unsweetened applesauce (or other fruit puree) + 1 teaspoon baking powder
- 1 tablespoon flax meal or chia seed+ 3 tablespoons hot water (Let stand, stirring occasionally, about 10 minutes or until thick. Use without straining.)
- Egg Replacer, according to package directions
- 4 tablespoons pureed silken tofu + 1 teaspoon baking powder

Replacing more than two eggs will change the integrity of a recipe. For recipes that call for a lot of eggs, like a quiche, use pureed silken tofu. Because egg substitutions add moisture, you may have to increase baking times slightly.

Note: To replace one egg white, dissolve 1 tablespoon plain agar powder into 1 tablespoon water. Beat, chill for 15 minutes, and beat again.

NUTS

Replace tree nuts or peanuts with an equal amount of the following:

Toasted coconut

Sunflower seeds

Toasted sesame seeds (use only 2 to 3 tablespoons)

Crushed crispy rice cereal

Pumpkin seeds