



GLUTEN-FREE SUBSTITUTIONS

*transformation
guide*

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 fiber, 5g protein

HIGH-FIBER FLOUR BLEND

This high-fiber 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 flavored recipes, such as sugar cookies, crepes, cream puffs, birthday cakes, or cupcakes.

1 cup brown rice flour or sorghum flour

½ cup teff flour (preferably light)

½ cup millet flour or Montina® flour

⅔ cup tapioca starch/flour

⅓ cup cornstarch or potato starch

Each cup contains 428 calories, 2g total fat, 0g^{SEE1} saturated fat, 0g trans-fat, 0mg cholesterol, 92g^{SEE2} carbohydrate, 19mg sodium, 5g fiber, 8g protein.

HIGH-PROTEIN FLOUR BLEND

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

1 1/4 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^[L]_[SEP] saturated fat, 0g trans-fat, 0mg cholesterol, 128g^[L]_[SEP] carbohydrate, 24mg sodium, 6g fiber, 11g protein.*

SELF-RAISING FLOUR BLEND

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

1 1/4 cups white sorghum flour

1 1/4 cups white rice flour

1/2 cup tapioca starch/flour

2 teaspoons xanthan or guar gum

4 teaspoons baking powder

1/2 teaspoon sea salt

**Each cup contains 514 calories, 3g total fat, 0g^[L]_[SEP] saturated fat, 0g trans-fat, 0mg cholesterol, 113g^[L]_[SEP] carbohydrate, 1163mg sodium, 8g fiber, 10g protein*

****Nutritional analyses of recipes are based on data supplied by the U.S. Department of Agriculture and certain food companies. 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 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 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

7/8 cup rice milk

7/8 cup fruit juice

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 (1 stick) butter with one of the following:

8 tablespoons Earth Balance (Non-Dairy) Buttery Spread

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, chia seed, or salba 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 or Pumpkin seeds