

## GLUTEN-FREE FLOUR SUBSTITUTIONS

To make a flour blend, thoroughly combine all ingredients. 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.

### All-Purpose Flour Blend

Use this blend for all 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 Blend

This high-fiber blend works for breads, pancakes, snack bars and cookies that contain chocolate, warm spices, raisins or other fruits. It is not suited to 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:

426 calories, 2g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 94g carbohydrate, 9mg sodium, 6g fiber, 7g 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 (your choice), chickpea flour or soy flour
- 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 fiber, 11g protein

### Self-Rising 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 salt

#### Each cup contains:

514 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 113g carbohydrate, 1163mg sodium, 8g fiber, 10g protein

- 2 tablespoons baking powder\*
- 1 teaspoon baking soda\*
- 1½ teaspoons xanthan gum
- 1 teaspoon agar or gelatin
- 1 egg
- 1 tablespoon honey or agave nectar
- ½ cup unsweetened applesauce, room temperature
- 3 tablespoons light olive oil or melted butter + extra for brushing
- 2 teaspoons cider vinegar
- 1 cup seltzer water, room-temperature

1. Preheat oven to 400 degrees. Prepare a muffin tin by spraying the cups with oil and lightly dusting the bottoms with cornmeal or rice flour.
2. Mix the flour blend with coconut flour, milk powder of choice, salt, baking powder, baking soda, xanthan gum, and agar in the bowl of the mixer.
3. In a separate bowl, whisk the egg, honey, applesauce, oil and vinegar together.
4. Using the beater/paddle, mix the liquid mixture into the dry. Beat until just blended and the batter is smooth, about 30 seconds. Fold in seltzer water.
5. Spoon the dough into the prepared muffin tin until the cups are half full. Brush the tops with oil or melted butter. Place the pan immediately in the preheated oven on the middle rack and bake 20 to 30 minutes. (Rolls are done when their internal temperature reads 200 degrees and the bottoms sound hollow when tapped.) Remove rolls from the muffin tin and cool on a rack.

#### Each roll contains:

212 calories, 5g total fat, 1g saturated fat, 0g trans fat, 18mg cholesterol, 38g carbohydrate, 563mg sodium, 3g fiber, 4g protein

**\*TIP** To make yeast rolls, simply replace the baking powder and baking soda with 2 packages instant dry yeast and let the rolls rise for 20 to 30 minutes prior to baking. **LW**

## Quick Yeast-Free Dinner Rolls

MAKES 12 MEDIUM ROLLS

If you're avoiding yeast,\* these rolls are for you. Recipe created by Rebecca Reilly.

- 3 cups gluten-free high-protein flour blend (page 62)
- ¼ cup coconut flour
- ¼ cup milk powder of choice or DariFree non-dairy powdered milk alternative
- ¾ teaspoon salt