

GLUTEN-FREE FLOUR SUBSTITUTE

To make a flour blend, thoroughly combine all ingredients in the refrigerator until used. You can double the 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

Sweet Potato Biscuits

MAKES 12 BISCUITS

These gluten-free, dairy-free, egg-free biscuits are rich in antioxidants.

- 1¼ cups gluten-free all-purpose flour blend (page 62)
- 1 teaspoon xanthan gum or guar gum
- 4 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup mashed cooked sweet potatoes (about 2 medium-size sweet potatoes)
- 1 tablespoon agave, honey or sugar
- ¼ cup gluten-free, dairy-free stick margarine or shortening,* softened, or grapeseed oil
- 2-3 tablespoons milk of choice (rice, soy, almond, hemp)
- Tapioca flour, for dusting

1. Preheat oven to 400 degrees. Cover a cookie sheet with parchment paper.
2. Whisk together flour blend, xanthan gum, baking powder and salt. Set aside.
3. In a large mixing bowl, mix together the sweet potatoes, agave and shortening (or oil).
4. Fold the flour mixture into the sweet potato mixture. Add milk, one tablespoon at a time, until the dough holds together and is smooth, not sticky.
5. Dust your work surface with tapioca flour. Place dough on surface and pat it to ½-inch thickness. Cut out biscuits with a floured 2-inch biscuit cutter.
6. Place biscuits on prepared cookie sheet and bake in preheated oven for about 15 minutes or until done.

Each serving contains:

106 calories, 4g total fat, 2g saturated fat, 0g trans fat, 0mg cholesterol, 17g carbohydrate, 347mg sodium, 1g fiber, 1g protein

***TIP** Try Spectrum Organic Shortening (www.spectrumorganics.com) or Fleischmann's margarine (www.fleischmanns.com). **LW**