

9 TIPS FOR GLUTEN-FREE BAKING



1 STRAIGHT SWAP

If there are **less than 2-4 tablespoons** of wheat flour in a recipe, do a straight swap with a nut or rice flour of your choice.



2 WEIGHT CONVERSION

1 cup gluten flour = **140 grams** of gluten-free all-purpose flour

MORE THAN 4 TBSP TO SWAP? CREATE YOUR OWN MIX.

3 MAKE GLUTEN-FREE ALL-PURPOSE FLOUR BY USING A 40/60 RATIO



40% WHOLE GRAINS
brown rice flour, buckwheat flour, corn flour, mesquite flour, quinoa flour, or sorghum flour

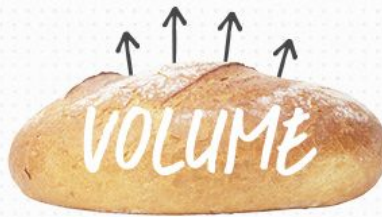
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60% WHITE FLOURS/STARCHES
white rice flour, arrowroot flour, cornstarch, potato flour, or potato starch

4 GUM

If you're making **breads** or **cakes**, add 1/2 to 1 teaspoon of **guar gum** or **xanthan gum** for every 140 grams of gluten-free all-purpose flour to give your baked goods a **bit of volume**.



5

BAKING POWDER

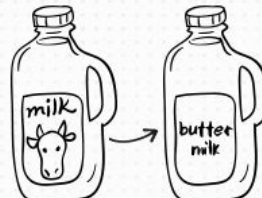
Add 1-2 teaspoons of baking powder to every 140 grams of gluten-free all-purpose flour to **help your product rise**.



6

EGG WHITE

Add **extra egg white** if your dough is too dry before baking.



7

BUTTERMILK

Consider subbing buttermilk for milk for a **richer texture**.



8 SUGAR SWAP

Consider swapping **brown sugar** for **white sugar** to help with moisture.

9

THERE WILL BE FAILURES! JUST **KEEP TRYING**.