

Gluten-Free Flour Mixture:

In place of flour in a recipe, try this combination:

3 parts white or brown rice flour

2 parts potato starch

1 part tapioca flour/starch

1 teaspoon xanthan gum for every 1-1/2 cups flour mixture

- Blend all ingredients together to form flour

Note: Consider arrowroot powder can be used in place of xanthan gum if one is having a hard time finding the latter. As a general rule, use 1/2 teaspoon of arrowroot powder for each cup of wheat flour called for in any recipe.

Note: Round up if the recipe calls for a partial cup.

Gluten-Free Flours		
<i>Flour</i>	<i>Color</i>	<i>Flavor</i>
Almond	Ivory	Sweet and mild
Amaranth	Pale yellow	Mild
Buckwheat	Medium brown	Strong
Chestnut	Pale brown	Strong
Chickpea	Tan	Strong
Corn	White	Very mild
Fava bean	Very pale green	Mild
Millet	Pale yellow	Mild
Quinoa	Beige	Medium
Rice flour (white or brown)	Beige	Mild
Sorghum (milo)	Beige	Mild
Soy	Pale yellow	Like bean sprouts
Tapioca	White	Very mild
Teff	Medium brown	Earthy
<i>Source: Adapted from The Artisan Bread Machine, by Judith Fertig (Robert Rose).</i>		