

# SETTING UP YOUR GLUTEN-FREE KITCHEN



*Presented By*

**GLUTEN FREE**  
*& more*

# ESSENTIAL GF DEFINITIONS

## Gluten

Gluten is a sticky protein in wheat, barley, and rye. It's the "glue" that helps baked goods stick together, pizza dough stretch, and bread rise. It's also found in other products as an additive for texture.

## Gluten-free

A product that is not made with gluten. A "gluten-free" label in the US and Canada means it contains less than 20 parts per million (ppm) of gluten.

## Autoimmune

When your body recognizes its own tissue as an invader and attacks it. Celiac disease is an autoimmune disease. Some others include multiple sclerosis (MS), lupus, rheumatoid arthritis (RA), type 1 diabetes, psoriasis and many more.

## Gluten sensitivity (aka gluten intolerance)

It's not celiac disease, but it can be just as serious and detrimental to your well-being. You experience symptoms when you eat gluten, such as digestive issues, joint pain, migraines, skin rashes or eczema, mood or behavior issues, brain fog, fatigue and more. Gluten sensitivity may affect 5-10% of the population.

## Cross contamination or cross contact

When a food that was not made with gluten as an ingredient ends up containing gluten because of the way it was processed or handled during preparation. This can be from the food manufacturer, a restaurant, or home.

## Paleo

There are different versions of the Paleo diet, but the general idea is that if your ancestors wouldn't recognize it as food, it doesn't belong on your plate. This typically involves avoiding gluten, grains, beans, and most processed foods and sugars.

## Lactose intolerance

This is the inability to break down lactose, which is a sugar found in many dairy products. Normally, our bodies break down what we eat with molecules called enzymes. If our bodies don't make enough of an enzyme called lactase, eating foods with lactose will cause digestive discomfort.

## Casein

A protein found in most dairy products. It has been reported that some children on the autistic spectrum develop symptoms when eating casein and many follow a gluten-free, casein-free diet (GFCF).

## Celiac disease

An autoimmune disease where the body attacks the small intestine/other areas when gluten is eaten (or applied topically with cosmetics). The villi (finger-like projections in the intestine that absorb nutrients) are flattened, hindering the absorption of vital nutrients. The only treatment is a lifelong, strict gluten-free diet.



# GLUTEN-FREE AT A GLANCE

## Safe Foods

Baking Soda  
 Beans & Lentils: *dried, canned, soybeans, and tofu (check labels for mixed and baked beans)*  
 Chocolate: *milk, semi-sweet, bittersweet, unsweetened (check labels for add-ins)*  
 Coffee: *check labels if flavored*  
 Condiments: *mayonnaise, ketchup, most mustard (check labels), pickles, olives, hot sauce, salad dressings (check labels), Lea and Perrin's Worcestershire sauce (in the US), salsa, Wright's Liquid Smoke*  
 Cream of Tartar  
 Dairy (and lactose): *milk, buttermilk, cream, cheeses, butter (check labels of unsalted, whipped, and light varieties), yogurt (check labels if flavored)*  
 Eggs  
 Fish & Seafood: *safe if not marinated or breaded*  
 Fruit: *fresh, frozen, canned, pure juices*  
 Gums: *acacia, carrageenan, carob bean, cellulose, guar, locust bean, xanthan*  
 Lecithin  
 Meat & Poultry: *all fresh varieties safe as long as not marinated, injected, or breaded (check labels on deli meats and whole turkeys)*  
 Nuts: *fresh and roasted, nut butters (check labels), nut flours (check labels),*  
 Oils: *all vegetable, nut, coconut, olive, and seed oils, margarines, shortenings*  
 Pectin  
 Rice: *safe unless mixed with flavorings or cross contaminated*  
 Seeds: *fresh and roasted, seed butters, check labels of canned and bottled varieties for flour or coatings*  
 Spices: *whole or ground (check labels of mixed spices)*  
 Sugars & Sweeteners: *cane, beet, coconut, light/dark brown, turbinado, agave, corn syrup, glucose, honey, fructose, maple syrup, molasses, stevia, aspartame, erythritol, maltitol, maltose, sorbitol, sucralose, xylitol*  
 Tea: *check labels if flavored*  
 Vegetables: *fresh, frozen, or canned*  
 Vinegars: *distilled (including red, white, balsamic, and red wine), rice, rice wine (not malt vinegar)*  
 Yeast

## Gluten-Free Grains, Flours & Starches

Amaranth	Cassava	Glutinous Rice	Oats ( <i>certified</i> )	Rice	Tapioca
Arrowroot	Chestnut	Millet	Pea	Sorghum	Taro
Bean Flours	Chickpea	Montina	Potato	Soy	Teff
Buckwheat	Corn	Nut Flours	Quinoa	Sweet Rice	Yucca

## Unsafe Foods

All-purpose Wheat Flour	Bulgar	Hordeum Vulgare	Tabbouleh
Barley	Bulgar Wheat	Hydrolyzed Wheat	Triticale
Barley Enzyme	Cake Flour	Instant Flour	Udon
Barley Extract	Chapati Flour	Kamut	Vital Wheat Gluten
Barley Grass	Couscous	Malt	Wheat
Barley Malt	Durum	Malt Vinegar	Wheat Berry
Barley Pearls	Einkorn	Matzo	Wheat Bran
Bleached Flour	Emmer	Organic Flour	Wheat Germ
Bolted Flour	Enriched Flour	Pastry Flour	Wheat Oil
Bran	Farina	Seitan	Wheat Protein
Bread Flour	Farro	Self-rising Flour	Wheat Starch
Bromated Flour	Gluten Flour	Spelt	White Flour
	Graham	Semolina	Whole Grain Wheat

## Common Foods that Contain Gluten

Baked Goods: *cookies, muffins, cakes, etc.* Breakfast Foods: *bagels, cereals, pancakes, etc.*  
 Beer: *unless certified gluten-free* Crackers: *including communion wafers*  
 Breads: *including breadcrumbs, croutons, etc.* Pasta and noodles

## May or May Not Contain Gluten

Artificial Extracts	Imitation Bacon	Prepared Broths
Asian Sauce: <i>many contain wheat; look for "gluten-free" label</i>	Imitation Crab or Seafood	Prepared Meats: <i>check to see if breaded, floured, injected, or marinated</i>
Bacon	Licorice	Prepared Soups
Baking Powder	Meat Substitutes: <i>many are made with wheat; look for Seitan or wheat on the label</i>	Prepared Stews
BBQ Sauces & Marinades	Miso: <i>may contain wheat</i>	Processed Meats: <i>luncheon meats, turkey injected with liquid</i>
Bouillon Cubes	Modified Food Starch	Sausages
Brown Rice Syrup	Mono- and Diglycerides	Seasonings: <i>blended spices and seasoning packets may contain wheat</i>
Caramel Color	MSG: <i>gluten-free if from US, questionable if not</i>	Vegetable Gums
Dextrin	Multi-Grain Products	
Fillers	Mustard: <i>may contain beer/wheat</i>	
Flavorings: <i>natural and artificial</i>	Mustard Powder: <i>may contain wheat</i>	
Gravies		
Hydrolyzed or Texturized Plant/Vegetable Protein		

## You have gluten sensitivity or celiac disease. NOW WHAT?

At first, the idea of a gluten-free diet may seem daunting. For people with celiac disease or gluten intolerance there really is no choice if you want to regain and maintain good health. Learning the correct data is important but applying the data reasonably is also very important.

Celiac disease and gluten intolerance are autoimmune diseases (when the immune system makes a mistake and attacks the body's own tissues or organs) that damage the small intestine causing a lot of symptoms, including, but not limited to: chronic intestinal problems, migraine headaches, infertility, chronic anemia, obesity, arthritis, memory loss, psoriasis, eczema, IBS, low thyroid (hypothyroidism), chronic fatigue syndrome, type 1 or type 2 diabetes, autism, and fibromyalgia. If not treated, celiac disease can actually be fatal!

The simple and unfortunate fact is that there is no known cure for celiac disease or gluten intolerance. The only treatment is to commit to a gluten-free diet. On the flip side, committing to a gluten-free diet can restore good health and improve the quality of your life – a pay-off well worth the effort!

What is vitally important to understand from the beginning is that ANY amount of gluten causes the symptoms to occur. Lessening the amount of gluten intake does no good. You must truly go completely gluten-free. Even down to the minuet quantity of parts-per-million (ppm) in a food product. It is generally accepted that a food has to contain less than 20 ppm – that's 20 little particles out of 1,000,000 particles – in order to be safely "gluten-free"!

Having said that, I LOVE to cook and eat good foods and I hate diets! So the challenge became how to live my lifestyle around my gluten intolerance.

I'll teach you how to accomplish that seemingly daunting task in today's world of food products.

After more than 20 years of living gluten-free, it is second nature to me now. I do, however, recall the initial confusion and frustration following my diagnosis. Many of the foods I fed myself and my family were suddenly "off limits." I learned that a lot of the foods I turned to for comfort, enjoyment and which were often my favorite flavors were in fact poison to my body.

I have broken down the process of setting up your gluten-free kitchen into three simple steps: **Educate** (learn how), **Purge** (get rid of the gluten), and **Replenish** (supply yourself with gluten-free foods).

Armed with this information and following these actions you can begin the journey to vitality and good health with ease, even if you share your kitchen with people who do not follow a gluten-free diet.

## EDUCATE

Knowledge is power. We gain knowledge through education. With the correct knowledge we gain control over any situation. In the case of gluten-free living, having the correct knowledge, puts the power of vitality, vigor and health in your own hands.

How fabulous is it to know that in most cases celiac disease and gluten intolerance do not require medication and operations to correct? You can literally change the quality of your life with what you don't eat and, most importantly, what you do eat.

### What is Gluten?

The first step of education is to understand what gluten is and where it's found.

Gluten is a protein. A "protein" is a substance containing nitrogen, found in all living organisms – animal and vegetable. Gluten is found in most grains.

When mixed with liquid it becomes starchy and "gluey." Remember as a kid you mixed flour with water and made glue? You may have even used it to make papier-mâché which hardened into a desired form. That was the gluten in the flour and that is what makes baked goods stay together and gravies and sauces thicken. It also adds elasticity to foods – it is what helps bread dough to rise and pizza dough to stretch. Most people would consider these to be desirable qualities. For the human body, however, ingesting gluten is very much like eating just a tiny bit of rat poison. It won't kill you right away but the long term effects are very detrimental. Your body perceives gluten in the same way it would rat poison – as a toxin.

### Where is Gluten Found?

So where is gluten found? Grains and starches that contain gluten are: wheat, wheat germ, wheat grass, rye, barley, kamut, spelt, triticale, graham flour, bulgur, farina, couscous, and semolina. Oats, oat bran and oat fiber may contain gluten.

### Cross Contamination

Oats themselves are gluten free, however, due to the commercial processing of most oats they become glutinous often because of what is called "cross contamination." Cross contamination is where one type of food is processed on the same equipment as another, resulting in the gluten being transferred from the grain containing gluten to the naturally gluten-free grain.

### Foods Containing Gluten

Foods that contain gluten MUST be avoided entirely. Even a tiny amount of gluten can affect your body and derail your efforts to live a healthy life.

Check out the **"Gluten-Free at a Glance" section on page 3** to see the lists of unsafe foods and foods that commonly contain gluten.



## Foods that may or may not Contain Gluten

Here is where it starts to get confusing and where you may get the feeling that there is “nothing to eat.” But that is simply not true. There is an abundance of gluten-free foods you can safely eat and enjoy. We will get into the foods you CAN eat soon.

In order to avoid frustration and confusion, it’s important that you educate yourself on how to read food labels. Food labels often have big, long, unpronounceable words that very few of us know the meaning of or what the product contains.

Fortunately, new food labeling practices now list out common allergens such as “wheat” and “gluten.” However there is no substitute for knowing yourself what is safe and what is not. Often, the problem of accidentally eating gluten comes from buying a product that should not contain gluten but does and not checking the label – a perfect example of this is a self-basting turkey in which wheat is added to a naturally gluten-free food, thus making it unsafe.

Check out the ***“Gluten-Free at a Glance” section on page 3*** to see the list of foods that may or may not contain gluten.

In addition to that list, other questionable ingredients include: artificial colors, dextri-maltose, emulsifiers, food starch, hydrogenated starch hydrolysate, hydroxypropylated starch, maltose, natural juices, non-dairy creamer, pregelatinized starch, protein hydrolysates, smoke flavoring, soy sauce solids, sphingolipids, and stabilizers.

Sometimes these tricky ingredients contain gluten and sometimes they do not. Always look at the label and see if wheat and/or gluten are listed as allergens. If in doubt, contact the manufacturer and find out if the product is gluten-free.

### What you CAN Eat!

So now you are probably thinking “what on earth can I eat?” There is good news!

All fresh fruits and vegetables are gluten-free as are fresh meats, poultry, fish, seafood and eggs. Beans, potatoes, corn and rice are gluten-free as well as the following grains: amaranth, arrowroot, buckwheat, flax, garfava, millet, quinoa, sorghum, soy, tapioca and teff. Nuts and seeds are safe as well as nut flours.

Natural dairy products are gluten-free with the possible exception of blue cheese. Sometimes blue cheese has an additive which is not safe, so always check first. Butter, margarine, and oils are all safe. Herbs and spices are gluten free in their natural state but sometimes spice mixes such as taco seasoning can contain gluten. Sugar and chocolate are also gluten-free!

I know this is a lot of information and it can be daunting. Don’t worry. There is a more extensive list of safe foods in the ***“Gluten-Free at a Glance” section on page 3*** and a shopping list in the ***Replenish section*** to make things even easier.

In the beginning, sticking with naturally gluten-free foods that are processed as little as possible is the best bet. Not only will you be eating gluten-free but you will also be eating much healthier in general.

## PURGE

Now that you have a better idea of what you can and cannot eat, it is time to purge!

You need to go through your refrigerator, pantry, spice cabinet and even your vitamin cabinet and get rid of anything that contains gluten. It is also the time to go through some of your appliances and kitchenware.

My best advice is to set aside ample time to go through your kitchen at one time. Plan on a few hours where you can get the job done in one fell swoop and do this as soon as possible. Getting rid of unsafe foods will make it easier to throw a meal together without much thought and effort as you won’t have to stop and read labels.

Before you start the purge it is a good idea to have plenty of plastic or glass containers or plastic storage bags on hand for storing your pantry items and something with which to label them like a magic marker. This is especially important if you share a household with people who eat gluten.

### Sort Into 3 Sections

Remove all food from the fridge, pantry and spice cabinets. Sort into three sections:

#### Safe Foods

The first section is for safe foods. This is where you will put everything you know for sure is gluten-free.

#### Unsafe Foods

The second section is for foods you know for sure are not gluten-free. If you are making your household completely gluten-free then these foods will either be thrown out, given away or donated. If you share a household with people who still eat gluten then you can keep these for them. You will want to put things like flour, cereals and baking mixes into non-porous containers to keep cross contamination from occurring. Just an open cereal box of gluten cereal can cause cross contamination. It is important to have the gluten eaters in your house do this step in order to keep you from becoming ill.

If you are making your kitchen completely gluten-free then you will want to give away any non-safe foods to friends or relatives who still eat gluten. Unopened boxes, bags and cans can be donated to charity if you wish. This is not only a nice thing to do but you can get a tax deduction for it as well.

If you share your household with gluten eaters you need to realize that sharing condiments is not a good idea. If the gluten eater spreads some jam on his or her toast then sticks the knife back into the jam jar the “safe” jar of jam has just become unsafe. Put anything like butter, jam, mustard, mayonnaise, etc. that has been used by a gluten eater in the not gluten-free section.

### Uncertain Foods

The third section is for foods you are not certain about. These will require a little research. You can go on the internet and search out if the food contains gluten or not or you can contact the manufacturer. When in doubt, if you can not verify that the food is gluten-free, consider it not safe. It is always better to err on the side of safety.

### Clean the Fridge and Pantry

Once you have sorted the food, it is time to clean the refrigerator and pantry. Gluten is a tiny molecule and a sticky one at that. It sticks and clings to things long after the offending food item has been removed. Clean your refrigerator, pantry and spice cabinet well, those disinfectant wipes work well for this.

### Gluten Free Zone

If you share your household with gluten eaters, after you have cleaned everything, it is time to divide the real estate. Set aside some space in the fridge and pantry that is strictly a gluten-free zone.

If possible, have your gluten-free shelves higher than the non-gluten-free shelves. Gravity being what it is, it is possible for flour or other food particles to drift down onto your gluten-free foods especially if they are not properly sealed and stored.

Once you have divided the real estate, start putting away the food. If you are keeping foods containing gluten, transfer them into non-porous containers and label them. Mark condiment jars that have been contaminated accordingly.

This may seem like a lot of work but when you are done you will not only have a safe kitchen but it will be clean and well organized!

### Kitchen Appliances and Equipment

Once the food is taken care of it is time to look over your appliances and equipment.

The toaster and bread maker are the most obvious appliances that will be contaminated with gluten. If you cannot afford initially to buy a new toaster, you can purchase toaster bags on the internet that you place your gluten-free bread into and then place that in the toaster. If you plan on making your own bread with a bread maker, unfortunately you will need to replace your old one. If your blender has a rubber gasket you will need to either replace the blender or the rubber gasket with a new one.

The rule of thumb here is that non-porous materials such as glass, metal and Pyrex are fine. Porous storage, cooking and baking materials such as plastic, vinyl and wood will need to be replaced.

Non-stick skillets and pans with scratches are not safe as the gluten gets into those scratches and sticks. If it makes you feel any better, the coating on non-stick cookware can be toxic if scratched so they should be replaced in any case. If it is too big of an expense to replace the cookware then just buy one skillet for your own use that is a size you will get the most use out of (8 or 9 inch is probably good in most cases) and use that for your pan until you eventually replace the others.

Cutting boards are a hot bed for hidden gluten. They make colored vinyl cutting boards that are very inexpensive so you should buy a couple of those. The colors will help you know which ones are the gluten-free boards without having to label.

Old wooden spoons and vinyl and plastic utensils should not be used. Again, you can start with one all purpose utensil until you eventually build up your new supply. The best all purpose utensil is a silicon spatula – it can be used for multiple purposes including being used with heat.

### Vitamins and Medications

Finally you need to take a look at any vitamins or medications you take. Check the labels to see if they are gluten-free. If you can't easily tell, look it up online or get with your pharmacists or doctor. Nothing can be as disheartening than to think you are sticking to a completely gluten-free diet only to find out the vitamin pill you take every day is slowly counteracting all your good efforts.

### Clean the Kitchen

After all offending food, vitamins and cookware items have been removed or stored separately it is time to clean the whole kitchen. Clean all the counters, shelves and doors with hot soapy water or disinfectant wipes. Also, if you are sharing your kitchen with gluten eaters make sure they know what cutting boards, pans and utensils to use and clean up well if they, for instance, make a sandwich with wheat bread. Again, hot soapy water or disinfectant wipes work well.

### Cross Contamination

Another thing to keep in mind with baking and cooking is that if others in your home cook or bake with gluten products you need to ensure no cross contamination is happening. For example, if one is baking with gluten flour and sugar and measures the flour first then sticks the same measuring cup in the sugar canister that sugar is no longer safe.

Measuring cups and spoons need to be washed well before dipping them into another canister if a gluten product is being used. The best solution is that each canister has its own scooper.

Now that your kitchen is safe, clean and organized it is time to stock up on foods you can safely eat and enjoy.

## REPLENISH

Now it is time to restock your fridge and pantry with plenty of gluten-free foods. I always advise people new to a gluten-free diet to stick with foods that are naturally gluten-free – beef, chicken, fish, fruits and vegetables, rice and potatoes, etc. Not only does it help your body to heal the intestines by staying away from grains but it gives your taste buds a chance to adjust and for cravings to stop.

There are a number of gluten-free breads, cereals, cake mixes, etc. that are becoming more and more readily available and are well marked as being gluten-free.

### Never Assume There is No Gluten!

I can't stress enough the importance of reading labels! Any packaged or processed food needs to be checked to make sure there is no hidden gluten. Even meats such as lunch meat and sausage can contain gluten, so never assume just because a food shouldn't contain gluten that it doesn't.

### Where to Shop

Most foods can be purchased at a regular grocery store. However, many grains and prepackaged mixes may need to be purchased from health food stores or from the internet.

### Baked Goods, Mixes and Cereals

Not all gluten-free baked goods and mixes are created equal. Some are much better than others and some will be more to your tastes than others. When you find a brand of bread or brownie mix for example that you particularly enjoy, make note of the brand for future purchases. There will be some trial and error initially and processed gluten-free foods can be a little more expensive, just another reason to stick with naturally gluten-free foods in the beginning.

When buying cereals, make sure to check the labels to see if they contain wheat or other gluten ingredients – do not assume that because it is a rice or corn based cereal that offending ingredients have not been added. Many regular grocery stores now carry gluten-free cereals that clearly say "gluten-free" on the label.

### Avoid Feeling Deprived

The very best way to avoid feeling deprived is to stock up on safe foods you love to eat and to have a few special treats on hand. It is easier to resist a piece of pie if you have something else to enjoy that you love and you know you can eat.

When you come home with your abundance of gluten-free foods, remember to transfer things like grains, cereals and flours into non-porous containers if you share the kitchen with gluten eaters to prevent cross contamination.

### Think Gluten Free!

What I have personally found the most helpful is to change the way I think. I no longer look at the world of food in terms of what I can't eat but what I can eat. There is a whole big, beautiful, abundant world of naturally gluten-free foods available out there – splurge on them and know that you are taking control of your health simply by what you put in your mouth.

Setting up your gluten-free kitchen is an adventure that leads to improved health and quality of life.

## THE BASIC GLUTEN-FREE SHOPPING LIST

#### Produce:

- ☐ All Fresh, Frozen, Canned and dried Fruits and Vegetables
- ☐ All potatoes, including yams

#### Dairy:

- ☐ Butter
- ☐ Buttermilk
- ☐ Cheese, with the possible exception of blue cheese
- ☐ Cream
- ☐ Half-and-half
- ☐ Ice cream (unless gluten-containing ingredients are mixed in, such as cookies; check labels)
- ☐ Margarine
- ☐ Milk (whole, low fat and fat free)
- ☐ Yogurt

#### Proteins:

- ☐ Eggs
- ☐ Fresh beef
- ☐ Fresh bison
- ☐ Fresh organ meats
- ☐ Fresh pork
- ☐ Fresh poultry (not self-basting)
- ☐ Gluten-free lunch meats and sausages, such as Boar's Head brand
- ☐ Fresh fish
- ☐ Fresh (not artificial) seafood

#### Beans & Legumes:

- ☐ All dried, Fresh or Canned beans
- ☐ Chickpeas/garbanzo beans
- ☐ Lentils

#### Nuts & Seeds:

- ☐ All with the possible exception of dry roasted nuts

#### Pasta:

- ☐ only those made from beans, corn, peas, potatoes, quinoa, rice, and soy. always check labels

#### Grains & Flours:

- ☐ Almond flour
- ☐ Amaranth
- ☐ Arrowroot
- ☐ Buckwheat
- ☐ Chestnut flour
- ☐ Coconut flour
- ☐ Corn flour
- ☐ Corn masa flour
- ☐ Cornmeal
- ☐ Flax
- ☐ Millet
- ☐ oats - only Certified GF
- ☐ Polenta
- ☐ Quinoa
- ☐ Rice
- ☐ Sorghum
- ☐ Soy
- ☐ Tapioca
- ☐ Teff

#### Herbs & Spices:

- ☐ All Fresh and dried if natural; beware of spice mixes

### Baking Products:

- ☐ Baking powder (most are GF, check label to be sure)
- ☐ Baking soda
- ☐ corn starch
- ☐ Extracts (pure, not artificial)
- ☐ Guar gum
- ☐ Non-stick cooking spray (without added flour)
- ☐ Xanthan gum

### Condiments:

- ☐ Apple Cider Vinegar
- ☐ Balsamic Vinegar
- ☐ Champagne Vinegar
- ☐ Distilled Vinegar
- ☐ Gluten-free soy sauce
- ☐ Jam, jelly & marmalade
- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Mustard
- ☐ oils
- ☐ olives
- ☐ Pickles (most, but not all)
- ☐ Relishes
- ☐ Salsa
- ☐ Tomato sauce & paste
- ☐ Wine Vinegars
- ☐ Worcestershire sauce (in the U.S., not Canada and Britain)

### Sweeteners:

- ☐ Agave nectar
- ☐ corn syrup
- ☐ Honey
- ☐ Maple syrup
- ☐ Molasses
- ☐ Stevia, Swerve, or Xylitol
- ☐ Sugar – granulated, brown and confectioners'

### Soups:

- ☐ only gluten-free canned or boxed soups and broths

### Snacks:

- ☐ Popcorn
- ☐ Nuts & Seeds

### Beverages:

- ☐ Almond milk
- ☐ Coconut milk & coconut water
- ☐ Coffee
- ☐ Distilled alcoholic beverages such as rum, gin, and tequila
- ☐ Fruit juice, fresh & canned
- ☐ Pure liqueurs
- ☐ Rice milk (some, check label)
- ☐ Soft drinks
- ☐ Soy milk
- ☐ Tea
- ☐ Water, plain and sparkling
- ☐ Wine

Additional Items: \_\_\_\_\_

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# GLUTEN-FREE FLOUR BLENDS

## All-Purpose Flour Blend

Use cup for cup in recipes as you would all-purpose wheat flour. For recipes with yeast, add  $\frac{3}{4}$  teaspoon of additional xanthan gum per cup of flour called for in the recipe.

4½ cups white rice flour  
1½ cups sweet (glutinous) rice flour  
2 cups potato starch (not potato flour)  
1 cup tapioca starch  
4 teaspoons xanthan gum

Whisk all ingredients together well.  
Store in an airtight container.

## High Fiber Flour Blend

This blend works well for bread and other recipes where you want a nutritious flour blend with extra fiber. For recipes with yeast, add an additional  $\frac{1}{2}$  teaspoon of xanthan gum per cup of flour called for in the recipe.

2 cups superfine brown rice flour  
2 cups sweet white sorghum flour  
1⅓ cups tapioca starch  
 $\frac{2}{3}$  cup potato starch (not potato flour)  
3 teaspoons xanthan gum

Whisk all ingredients together well.  
Store in an airtight container.

## High Protein Flour Blend

This blend works well for bread, pie crust, and other baked goods. For recipes with yeast, add  $\frac{1}{2}$  teaspoon of additional xanthan gum per cup of flour called for in the recipe.

2¼ cups chickpea flour  
2 cups superfine brown rice flour  
2 cups potato starch (not potato flour)  
2 cups tapioca starch  
4 teaspoons xanthan gum

Whisk all ingredients together well.  
Store in an airtight container.

## Basic Pancake Mix

4½ cups superfine brown rice flour  
1½ cups tapioca starch  
3 tablespoons gluten-free baking powder  
1 tablespoon kosher salt  
1 cup non-hydrogenated vegetable shortening (preferably organic)

In a large mixing bowl, whisk together the first four ingredients. Cut the shortening into the dry ingredients until the mixture resembles fine crumbs.

Store the mixture in an airtight container in the refrigerator for up to 4 months. Use as you would store-bought pancake mix.



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