



SETTING UP YOUR *Gluten-Free* KITCHEN

A practical guide for
converting to a
gluten-free lifestyle

+10 of our favorite
beginner-friendly recipes

PRESENTED BY **GLUTEN FREE**
& more



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ESSENTIAL 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.

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.

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).

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

GLUTEN-FREE AT A GLANCE

Unsafe Foods

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

Common Foods that Contain Gluten

Baked Goods: cookies, muffins, cakes, etc.

Beer: unless certified gluten-free

Breads: including breadcrumbs, croutons, etc.

Breakfast Foods: bagels, cereals, pancakes, etc.

Crackers: including communion wafers

Pasta and noodles

Gluten Free & More does not represent to be accurate on what foods are safe or unsafe for an individual's diet. Please consult your medical professional for your correct diet.

GLUTEN-FREE AT A GLANCE

May or May Not Contain Gluten

Artificial Extracts

Asian Sauce: many contain wheat; look for "gluten-free" label

Bacon

Baking Powder

BBQ Sauces & Marinades

Bouillon Cubes

Brown Rice Syrup

Caramel Color

Dextrin

Fillers

Flavorings: natural and artificial

Gravies

Hydrolyzed or Texturized

Plant/Vegetable Protein

Imitation Bacon

Imitation Crab or Seafood

Licorice

Meat Substitutes: many are made with wheat; look for Seitan or wheat on the label

Miso: may contain wheat

Modified Food Starch

Mono- and Diglycerides

MSG: gluten-free if from US, questionable if not

Multi-Grain Products Mustard:

may contain beer/wheat

Mustard Powder: may contain wheat

Prepared Broths

Prepared Meats: check to see if breaded, floured, injected, or marinated

Prepared Soups

Prepared Stews

Processed Meats: luncheon meats, turkey injected with liquid

Sausages

Seasonings: blended spices and seasoning packets may contain wheat

Vegetable Gums

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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 minute 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, we LOVE to cook and eat good foods and we hate diets! So the challenge becomes how to live your lifestyle around a gluten intolerance.

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

After more than 20 collective years of living gluten-free, it is second nature to us now. We do, however, recall the initial confusion and frustration following our diagnoses. Many of the foods we fed ourselves and our families were suddenly "off limits." We learned that a lot of the foods we turned to for comfort, enjoyment, and which were often our favorite flavors were, in fact, poison to our bodies.

We 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 5** 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 6** 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!

We 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 4** 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.

Our 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 THREE 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 hotbed 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 silicone 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. We 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!

We 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.

REPLENISH

THINK GLUTEN-FREE!

What we have personally found the most helpful is to change the way we think. We no longer look at the world of food in terms of what we can't eat but what we 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 or tamari
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'

Soup:

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

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
1½ 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.



OUR FAVORITE *Beginner-Friendly* RECIPES

OUR FAVORITE GLUTEN-FREE RECIPES

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5-MINUTE FLATBREADS

They're delicious, they're versatile, they're easy as can be...and best of all, they take 5 minutes to whip up (hence the name). You can serve them as a side to chili or soup, use them as a vessel for hummus and other spreads, or top them with any ingredients you like.

Ingredients

- $\frac{3}{4}$ cup gluten-free flour blend, plus more for dusting
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon kosher or fine sea salt
- 5 tablespoons yogurt
- 1 tablespoon honey
- 1 tablespoon olive oil

Directions

Heat a non-stick skillet over medium-high heat until hot. While the skillet is heating, prepare the flatbread dough.

In a medium mixing bowl, whisk together the flour, baking powder, and salt. Add the yogurt, honey, and olive oil. Mix until it forms into a dough. Divide the dough into two equal portions. Lightly flour a surface and roll into an oval about 8x5-inches and slightly less than $\frac{1}{4}$ -inch thick. Cook for about 2 minutes per side or until golden on both sides.

Serve as is or topped with your favorite toppings.

Makes 2 flatbreads



EASY, EASY, EASY!

FRENCH BREAD

This recipe makes bread that's crunchy on the outside, tender on the inside, beautifully browned, and tastes like what French Bread should taste like. And the very best thing? It is actually EASIER to make gluten-free French Bread than it is to make the gluten-filled kind!

Ingredients

- 2 tablespoons active dry yeast
- 2 teaspoons sugar
- 1½ cups warm water, it should be pretty warm to the touch but not hot
- 3 teaspoons xanthan gum
- 2 tablespoons olive oil
- 1½ cups super fine or Asian white rice flour*
- ½ cup superfine or Asian sweet rice flour*
- 1 cup tapioca starch*
- 1½ teaspoons kosher or fine sea salt
- 2 large eggs, lightly beaten
- 1 teaspoon apple cider vinegar
- Gluten-free non-stick cooking spray
- 2 teaspoons cornmeal, optional
- 2 tablespoons butter, melted

Directions

Combine the yeast, sugar and warm water in a bowl about twice the size of the mixture and whisk to dissolve the sugar. Let sit for 5-6 minutes (10 if the yeast has been in the fridge) or until it is foamy and doubled in size.

In a small bowl stir the xanthan gum with the olive oil until the xanthan gum is dissolved.

Combine the flours, tapioca starch (or gluten-free flour blend) and salt in the bowl of a mixer fitted with a whisk attachment (or just the regular beaters – don't use a dough hook) and mix to combine. Add the yeast mixture, xanthan gum mixture, eggs and vinegar and mix on low to combine. Scrape down the sides of the bowl once. Turn the mixer to high and mix for 3 minutes.

Spray a French bread pan (with 2 forms) with gluten-free non-stick cooking spray or brush with more olive oil and sprinkle a teaspoon of cornmeal onto the bottom of each pan.

Spoon the batter into the forms and shape into an oval with a spatula. Using a razor blade or sharp knife cut 3 or 4 diagonal slashes on top of each loaf. Cover the loaves with a clean kitchen towel and set in a warm, draft-free place to rise. Let rise for 30 minutes or until the loaves have doubled in size.

Place a baking pan on the floor of your oven (or on the bottom shelf) and fill it with about an inch of really hot water. Position the rack you are baking the bread on in the middle of the oven. Turn the oven on and preheat to 400°F.

Brush the top of the loaves with the melted butter and bake for 40-45 minutes or until the loaves are golden brown and sound hollow when tapped. Let cool in the pan for 5 minutes then remove to a wire rack to finish cooling. You can also make crusty rolls by scooping the dough into 2 standard sized muffin tins, letting them rise 30 minutes and baking for about 20 minutes.

Notes

*In place of the flours and starch you can use 3 cups of a good, pastry quality gluten-free flour blend.



PASTA ALLA NORMA

This is a simple yet soul-satisfying Sicilian dish that celebrates eggplant, tomatoes, and fresh basil — all naturally gluten-free ingredients. By swapping in your favorite gluten-free pasta, you can enjoy this classic comfort food without compromise.

Ingredients

- ½ cup grated Pecorino Romano
- ½ cup grated Parmesan cheese
- 2 globe eggplants, top removed and cut into 1-inch pieces
- 4 tablespoons olive oil, divided, plus more for serving
- Kosher or fine sea salt
- Freshly ground black pepper
- 1 pound gluten-free spaghetti
- 5 garlic cloves, thinly sliced
- ½-1 teaspoon dried red pepper flakes
- 1 (24-ounce) can whole, peeled tomatoes, with their juice
- 1 teaspoon dried oregano
- 1 teaspoon sugar, optional
- ¼ cup chopped basil, plus extra basil leaves for serving

Directions

Preheat oven to 450°F. Line a baking sheet with parchment paper.

Combine the Pecorino Romano and Parmesan cheeses in a small bowl and set aside.

Toss the eggplant with 2 tablespoons olive oil, 1 teaspoon salt, and ½ teaspoon pepper. Spread in an even layer on the prepared baking sheet. Roast for 15 minutes, flip the eggplant, then roast for another 10 minutes.

Bring a large pot of salted water to a boil, add the spaghetti, and cook until al dente according to package directions. Reserve some of the pasta water. Drain the pasta.

Meanwhile, make the sauce and boil the pasta. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add the garlic and red pepper flakes. Cook, stirring for 30-60 seconds. Add the tomatoes and their juices, the oregano, sugar, 1 teaspoon salt, and ½ teaspoon pepper. Reduce heat to medium-low and cook, mashing up the tomatoes, for 15-20 minutes.

When the eggplant is done, stir into the sauce with the chopped basil. Add the spaghetti to the sauce with ¾ of the cheese mixture and stir gently. Add some of the reserved pasta water to thin the sauce if needed.

Divide the spaghetti between 4 shallow bowls, top with the remaining cheese mixture, some torn basil leaves, and a drizzle of olive oil.

Serves 4



GRAIN-FREE VANILLA CUPCAKES

A good sweet treat recipe to have in your back pocket is a must, and these Grain-Free Vanilla Cupcakes recipe is just the one. These cupcakes are bursting with rich vanilla flavor in both the frosting and the cake.

Ingredients

- 2½ cups blanched almond flour
- 2 teaspoons baking powder
- 1 teaspoon kosher or fine sea salt
- 3 large eggs, at room temperature
- ½ cup granulated sugar
- 5 tablespoons unsalted butter, melted and cooled
- 1 tablespoon vanilla bean paste
- Sprinkles

Directions

Line a standard muffin tin with cupcake liners. Preheat oven to 350°F.

Whisk together almond flour, baking powder, and salt. In another mixing bowl, whisk together the eggs, sugar, melted butter, and vanilla bean paste. Add dry ingredients to the wet. Combine well. Divide the batter among the prepared muffin tins.

Bake for 22–25 minutes or until a toothpick inserted into the center comes out clean. Let cool in the pan for 10 minutes then remove to a wire rack to finish cooling.

Frost with vanilla buttercream frosting and top with sprinkles if desired.

Makes 12



BANANA COCONUT PANCAKES

An ode to lazy Sunday mornings, these Banana Coconut Pancakes are a vegan delight - fluffy, naturally sweet, and infused with tropical flavor.

Ingredients

- 1 tablespoon flaxseed meal
- ½ cup coconut milk powder
- 1 tablespoon apple cider vinegar
- 1 teaspoon vanilla extract
- 2 tablespoons melted coconut oil or vegetable oil, plus more for cooking
- ¾ cup gluten-free oat flour
- ¼ cup banana fruit powder
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt

Directions

Combine 1 tablespoon of flaxseed meal in a small bowl with 3 tablespoons of water. Stir and let sit for about 5 minutes until it thickens.

In a medium bowl, mix the coconut milk powder with 1 scant cup of warm water and apple cider vinegar. Let it sit for a few minutes.

Add the vanilla extract, melted coconut oil, and the prepared flax egg to the coconut milk mixture. Stir until well combined.

Whisk together the oat flour, banana fruit powder, baking powder, baking soda, and salt in a large bowl. Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix; a few lumps are okay.

Heat a non-stick skillet or griddle over medium heat. Lightly grease with a bit of coconut oil if needed. Pour ¼ cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface and the edges look set, about 2-3 minutes. Flip and cook for another 2-3 minutes on the other side until golden brown and cooked through.

Serve the pancakes warm with your favorite toppings such as fresh fruit, maple syrup, nut butter, toasted coconut flakes, or coconut yogurt.

Makes 10 pancakes



GINGER CHICKEN BITES

WITH HONEY MUSTARD

When you're looking for an easy gluten-free appetizer or a kid-friendly dinner that feels fun and a little fancy, look no further than these Ginger Chicken Bites with Honey Mustard. Whether you bake them in the oven or toss them in the air fryer, these bites are crispy on the outside and perfectly juicy on the inside.

Ingredients

For the Chicken:

- 1 cup gluten-free ginger snap cookies (such as Homefree), crushed into fine crumbs
- ½ cup gluten-free panko or crushed gluten-free cereal, (like cornflakes)
- 1 teaspoon paprika
- ½ teaspoon kosher or fine sea salt
- 1 pound boneless, skinless chicken breast or thighs, cut into bite-sized pieces
- ⅓ cup mayonnaise
- Avocado oil spray, (for air frying or baking)

For the Honey Mustard Dip:

- 3 tablespoons honey
- 2 tablespoons Dijon or yellow mustard
- 1 tablespoon mayonnaise
- Pinch of kosher or fine sea salt

Directions

Oven: Preheat to 400°F and line a baking sheet with parchment.

Air Fryer: Preheat to 375°F.

In a shallow bowl, mix crushed ginger snap cookies, panko, paprika, and salt.

Using a brush, lightly coat each piece of chicken with the mayonnaise. Then press each piece into the cookie crumb mixture until well coated.

Oven: Place coated chicken on prepared baking sheet. Lightly spray tops with oil. Bake for 15–18 minutes, flipping once, until golden and cooked through.

Air Fryer: Lightly spray basket and nuggets with oil. Air fry in batches for 8–10 minutes, flipping halfway, until golden brown and fully cooked.

Whisk together all honey mustard ingredients in a small bowl until smooth. Taste and adjust seasoning as needed.

Serve warm chicken bites with honey mustard dip on the side.

Serves 4



FUDGY BROWNIES

These Fudgy Brownies are healthier than other brownies thanks to the use of almond flour, dark chocolate chips, and coconut sugar.

Ingredients

- 9 ounces (255g) dark chocolate chips, divided
- ⅓ cup (80g) coconut oil, melted and cooled to room temperature
- 3 large eggs, room temperature
- 1 cup (192g) coconut sugar
- 1 teaspoon (5mL) pure vanilla extract
- ¾ cup (72g) blanched almond flour
- 3 tablespoons (22g) raw cacao powder
- ¼ teaspoon (1.5g) sea salt

Directions

Preheat the oven to 350°F. Line an 8x8-inch non-glass baking dish with parchment paper. Melt 1⅓ cups of the chocolate chips and the coconut oil in a pot set over low heat. Stir continuously until smooth. Set aside to cool for 5-10 minutes.

Using an electric mixer, beat the eggs and coconut sugar in a bowl until thick and nearly doubled in size (3-5 minutes). Fold in the melted chocolate mixture and vanilla to combine. In a separate bowl, whisk together the almond flour, cacao powder, and salt. Fold this mixture into the chocolate mixture in batches until thoroughly combined. Stir in the remaining chocolate chips. Pour the batter into the prepared baking dish.

Bake for 25-30 minutes or until a toothpick inserted into the center comes out clean. Begin checking the brownies at 25 minutes to make sure they are not overbaked. Cool completely before slicing into squares.

Makes 16 brownies



HIGH-PROTEIN HOT TACO DIP

If you're looking for an easy, crowd-pleasing appetizer that checks all the dietary boxes, this High-Protein Hot Taco Dip is the recipe you didn't know you needed. Whether you're hosting game day, throwing a summer cookout, or just craving a comforting snack, this dip is ready in minutes and guaranteed to disappear fast.

Ingredients

- 2 cups cottage cheese
- 1 small shallot, diced
- 2½ tablespoons taco seasoning, divided
- ½ tablespoon onion powder
- 1 (4-ounce) can diced green chiles, hot or mild
- 1 tablespoon olive or avocado oil
- 1 pound ground beef
- ½ cup shredded Mexican blend cheese, divided
- 1 jalapeño, sliced
- Corn tortilla chips, for serving

Directions

Place cottage cheese, shallot, 1½ tablespoons taco seasoning, and onion powder in food processor. Process until silky and smooth. Stir in diced green chiles.

Bring a pan to medium heat and add olive or avocado oil. Add ground beef and the remaining taco seasoning. Mince and cook well.

Layer the cottage cheese mixture into an oven-safe ramekin with the cooked beef and shredded cheese. Top with jalapeño slices.

Bake at 400°F for 8-10 minutes.

Serve with corn tortilla chips.

Serves 4



SMASH BURGER TACOS

This recipe puts a fun twist on the classic burger by turning it into a taco, making it easy to eat and perfect for those craving a flavorful, handheld dish.

Ingredients

- ¼ cup mayonnaise
- 2 tablespoons rice vinegar
- ¼ cup ketchup
- ½ teaspoon garlic powder
- Kosher or fine sea salt, to taste
- Freshly ground black pepper, to taste
- 1 pound lean ground beef
- 6 corn tortillas
- 6 slices cheddar cheese
- ½ cup shredded iceberg lettuce
- Dill pickle slices

Directions

In a small bowl, whisk together the mayonnaise, rice vinegar, ketchup, garlic powder, salt, and pepper until well combined. Set aside.

Divide the beef into 6 equal-sized balls. Flatten the beef onto the tortillas, spreading all the way to the edges. Season with salt and pepper.

Heat a non-stick skillet over medium-high heat. Place the tortillas, beef side down, into the skillet and cook for 2-3 minutes. Flip the tortillas over, top with a slice of cheese, cover the skillet, and cook for another 90 seconds or until the cheese is melted.

Top with sauce, lettuce, and pickles.

Serves 6



KIMCHI RAMEN

There's something undeniably comforting about a hot bowl of ramen—but when you're living gluten-free, finding one that's fast, flavorful, and safe can feel like chasing a unicorn. Fortunately, those days are behind us with this Kimchi Ramen!

Ingredients

- 5-6 frozen gluten-free potstickers
- 1 tablespoon avocado or olive oil
- ½ cup sliced mushrooms, (any type)
- ⅓ cup kimchi
- 1½ teaspoons gluten-free gochujang
- 2½ cups water
- 1 container gluten-free ramen (such as GloryLand), any flavor
- 1 green onion, sliced

Directions

Cook the potstickers per the package directions.

Heat oil in a small pot and add the mushrooms. Cook for 5 minutes, stirring occasionally. Add kimchi and gochujang and cook for another 2-3 minutes.

Add the water and bring to a boil. Add noodles and seasoning packet and stir. Let boil for three minutes, add the potstickers, boil another minute, and serve topped with green onion.

Serves 1