

ALTERNATIVE FLOUR POWER

Many of our customers come to Grandma's Pantry looking for alternative flours because of an increasing number of people finding that they are gluten intolerant. Gluten is a generic name for certain types of proteins contained in common cereal grains such as wheat, barley and rye. To meet these needs, we stock a number of different types of substitute flours that do not contain gluten.

The next question is "How do I use these flours as a substitute for regular wheat flour when I bake?" With the help of the magazine called "Living Without" (which you can also purchase from Grandma's Pantry), here are four recipes for gluten-free flour blends: All Purpose, High Fiber, High Protein and Self-Rising flour.

To make these flour blends, thoroughly combine all the ingredients and store in a covered container in the refrigerator until used.

ALL PURPOSE FLOUR

- ½ cup rice flour
- ¼ cup tapioca starch/flour
- ¼ cup cornstarch or potato starch

HIGH FIBER FLOUR

- 1 cup brown rice flour or sorghum flour
- ½ cup teff flour
- ½ cup millet flour
- 2/3 cup tapioca starch/flour
- 1/3 cup cornstarch or potato starch

HIGH PROTEIN FLOUR

- 1 ¼ cups bean flour (chickpea or soy)
- 1 cup arrowroot starch, cornstarch or potato starch
- 1 cup tapioca starch/flour
- 1 cup brown or white rice flour

SELF-RISING FLOUR

- 1 ¼ cups sorghum flour
- 1 ¼ cups white rice flour
- ½ cup tapioca starch/flour

2 tsps. guar gum or xanthun gum*

4 tsps. baking powder

½ tsp. salt

*Gum is the binding agent that allows for proper elasticity without crumbling.

All of the products necessary to make these gluten-free flour blends are available at Grandma's Pantry. We also carry ready-made gluten-free flour blends. (We recommend that you experiment to see what works best for you). There are a host of other gluten-free products available at Grandma's Pantry, so check us out at the store or on-line at www.GrandmasPantryVa.com and let us know how we can best serve you and your gluten-free diet.

***“So, whatever you eat or drink, or whatever you do,
do all to the glory of God.”*** (1 Cor. 10:31)