

Going Gluten Free Guide

Going gluten free can be extremely intimidating when you are starting out. I created this guide to help make things a little simpler. One of my favorite things is converting our old recipes to gluten free.

Baking With Gluten Free Flour- One of the most important things to remember is that GF flour doesn't act the same as regular flour. When measuring GF flour always use a spoon and knife. Never use the measuring cup to scoop out GF flour or your recipes will turn out very dense. Scoop with a spoon and pour into the measuring cup and level off with the knife. Never push flour the flour in. This will give you the most success when baking with gluten free flour.

Converting Recipes to Gluten Free- Gluten Free flour does not contain a bonding agent. For this reason, it is necessary to add either Arrowroot Powder or Xanthan Gum when using gluten free flours.

Arrowroot Powder: Add ½ teaspoon for each cup of gluten free flour. If you have a partial cup always round up. If you had 2 ½ Cups flour, you would add 1 ½ teaspoons.

Xanthan Gum: Add 1 teaspoon for each cup of gluten free flour. If you have a partial cup always round down. If you have 2 ½ Cups flour, you would add 2 teaspoons.

**When baking with gluten free flour, you want to be sure to include 2 ½ teaspoons baking soda per cup of gluten free flour.*

The Allergen-Free Baker's Handbook by Cybele Pascal was a lifeline for us when it came to baking. Our favorite Gluten Free Flour Mixes come from this book, along with our favorite chocolate cake recipe. You will be surprised by how good it really tastes! I promise you won't be disappointed!

Basic Gluten-Free Flour Mix -Makes 6 cups

4 cups superfine brown rice flour

1 1/3 cups potato starch (not potato flour)

2/3 cup tapioca flour (also called tapioca starch)

(Great for all your favorite dessert recipes. This flour mixture is lighter and great for sweets.)

Gluten-Free Bread Flour Mix – Makes 6 cups

1 ½ cups millet flour

1 ½ cups sorghum flour

2 cups tapioca starch

1 cup potato starch

(Great for rolls, breads and things with a heavier consistency)

We store both of these mixes in the refrigerator.

Meal Time Tips & Tricks:

There are so many great options for meals when cooking gluten free. When considering the grain part of your meal, whole foods like beans, potatoes, sweet potatoes, white rice, brown rice, wild rice, quinoa and oats are great options instead of gluten.

Gluten Free Pasta: There are a lot of great options out there. We like the Tinkyada brand of pasta. When cooking gluten free pasta, always follow the package directions and DO NOT Overcook! When the pasta is ready, be sure to drain the water. Gluten free pasta that sits in water will become mushy.

Breakfast Meal Ideas: Scrambled eggs with peppers & spinach, fried diced potatoes & bacon / Gluten free pancakes with melon or berries/ Oatmeal with berries/ Gluten free French toast/ Greek yogurt with berries and gluten free granola/ Buckwheat waffles (Our Favorite) with strawberries and coconut whip/ Gluten free muffins/ Smoothies with frozen berries, spinach or kale, banana and honey/ Smoothies with banana, oats, peanut butter and milk

*Make extra waffles, French toast, muffins or breakfast rolls to freeze, then you can pop it in toaster or toaster oven in the morning.

Lunch Meal Ideas: Leftovers from the night before/ Salad with lots of fresh veggies and homemade salad dressing/ Homemade soups/ Fried egg sandwich with air fried veggies/ Chicken strips over rice with steamed veggies/ Smoothies/ Gluten free wraps with meat & cheese with cold veggies/Mini pizzas with gluten free English muffins

Gluten Free Bread: One thing I have found with gluten free bread is that it can be extremely dry. One of the best tips I can share is to always toast the bread before using it. I keep my bread in the freezer and only pull out pieces as I need them. You can find our favorite homemade Oatmeal Maple Bread on my website. (See link below.)

Supper Meal Ideas: Fish with baked potato & cooked veggies/ Chicken stir fry over rice/ Pork chops with sliced potatoes and topped with cream sauce with salad/ Beef & Broccoli over rice/ Tacos with homemade gf taco seasoning and corn taco shells/ Breakfast for supper (eggs, potatoes, sausage or bacon)/ Spaghetti with gluten free noodles/ Chili/ Burgers with lettuce or gf bun & homemade fries and veggies/ Stuffed Pepper Cups/ White Chicken Chili/ Vegetable Soup/ Beef Stroganoff/ Homemade pizza/

Cream Sauce: Melt 2 Tablespoons butter in a small sauce pan over high heat. After melted add 2 Tablespoons Gluten Free Flour Mix (We use Bob's Red Mill) and 1 Cup Milk (We have made this with Coconut Milk, Almond Milk and Rice Milk) and whisk until it thickens up to a creamy texture. We use this in place of Cream of Soups. You can add mushrooms or celery or small pieces of chicken to make whatever type of Cream of Soup you prefer. This makes one can (approx. 10oz).

Snack Ideas: Frozen smoothie popsicles/ Fresh veggies (carrots, tomatoes, cucumbers, celery, peppers)/ Chickpeas (cold)/ Olives/ Cheese cubes or sticks/ Cottage cheese/ Plain yogurt with fresh berries/ Homemade granola/ Smoothies/ Chips & salsa/ Fresh fruit (melon, berries, grapes, cherries, bananas, etc.)/ Roasted or air fried veggies (Brussel sprouts, kale, chickpeas, green beans, okra)/ Muffins/ Salad/ Fruit dips made with yogurt/ Veggie dip made with homemade ranch dressing/ Apples with peanut butter & honey dip/

For Special Occasions: Make Gluten Free cookies or cupcakes ahead of time and put them in the freezer for when special events come up. This is great for unplanned celebrations for kids.

Two of our favorite cookbooks right now are by Brittany Williams and called the Instant Loss Cookbook and Instant Loss. Both can be found on Amazon.