

Gluten Free Flour All Purpose

This flour mix can be used in place of regular flour in most recipes. When trying to modify regular recipes add 1 t xanthan gum for each cup of flour. I have had success with my recipes doing this.

2 lbs bag less ½ cup Brown Rice Flour
2 lb bag plus ¼ cup White Rice Flour
1 ¼ Cup Potato Starch Flour
1 2/3 Cup Tapioca Starch Flour

I mix and sift the ingredients together 3 times. This is a large batch but I go through it fairly quickly and it is messy to make.

Cheapest place to buy Brown and White rice flour is Natural Groceries in their refrigerated bulk flour section. Also the cheapest place to buy Xanthan Gum

Cheapest place to buy potato starch flour and Tapioca Starch Flour is Amazon if you participate in their pantry program you get free shipping and an extra discount.

I think I got the proportions for this flour blend from Living Without when we started the diet but I don't find it when I search their site. If you are going to go GFCF or do any special diet seriously consider subscribing. The magazine is nice but the subscription part of the website gives you access to the pdf version of all there old issues as well as an incredible searchable database of recipes. They also have quite a bit of information available for free.

<http://www.lincolntent.com/GFCF-Sauces.html>