



Gluten-Free Baking
Made Easy

cookies • muffins • cakes
donuts • pizza • flour
alternatives & more

Alternative Flour Power

By Melissa Neiman (contributing writer)

Flour. It's among the most essential ingredients in recipes for baked goods. But not everyone is able to tolerate the gluten (protein found in wheat) in common flour varieties, while others are simply opting out of consuming grains and wheat altogether. Are these folks condemned to a life without pizza, pasta and pie? Not a chance!

The following 8 flour substitutes can replace traditional all-purpose flour and beyond in your favorite recipes.

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Almond flour: 1 cup = 1 cup all-purpose flour

Why: fewer carbs, more protein

Amaranth flour: 1 cup = 1 cup all-purpose flour

Why: dense with robust carbs, nutty flavor; ideal for brownies, cookies & quick breads

Arrowroot flour: 1 Tbsp. = 2½ Tbsp. all-purpose flour

Why: works as a thickener to bulk up soups, sauces & puddings

Buckwheat flour: 1 cup minus 2 Tbsp. = 1 cup all-purpose flour

Why: made from fruit seeds, rich supply of flavonoids

Coconut flour: ¼ cup = 1 cup all-purpose flour

Why: sweet, low in calorie, high in fiber & protein

Garbanzo flour: 1 cup minus 2 Tbsp. = 1 cup all-purpose flour

Why: optimal for both sweet & savory dishes

Sorghum flour: 1 cup = 1 cup all-purpose flour

Why: sweet, contains antioxidants, ideal for pancakes & flatbreads

Tapioca flour/starch: 1 cup = 1 cup all-purpose flour

Why: thickening agent; use to bulk up fruit fillings & glazes
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❧ Orange Almond Muffins ❧
— WITH DRIED APRICOTS —
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Ingredients

- 4 cups **almond meal**
- 1-¼ tsp. **baking soda**
- ⅔ cup dried apricots, diced
- ⅓ cup honey or maple syrup
- ⅓ cup butter or melted **coconut oil**
- 1 Tbsp. orange zest (approx. one orange)
- 1 tsp. almond extract
- ¼ tsp. **salt**
- 5 eggs

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Directions

- 1.** Preheat oven to 350 degrees F. Place paper liners in muffin tin wells and spray with non-stick spray.
- 2.** In medium bowl, combine almond meal, baking soda, apricots, orange zest and salt.
- 3.** In a large bowl, combine eggs, honey, butter and almond extract.
- 4.** Add dry ingredients to the wet and mix until thoroughly combined.
- 5.** Portion batter evenly into liners and bake for 18-20 minutes until golden brown.
- 6.** Let cool completely before serving.

Courtesy of **Bob's Red Mill**



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❖ Banana Chocolate Chip ❖
— MUFFINS —

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Ingredients

- 1 large egg
- ½ cup **unsweetened applesauce**
- 1 cup bananas, mashed (about 2-½ medium bananas)
- 2 Tbsp. **honey**
- ½ cup **coconut flour**
- 1-½ cups **almond flour**
- ¼ cup **unsweetened almond milk**
- ¼ tsp. **vanilla extract**
- 2 tsp. baking powder
- 3 Tbsp. **dark chocolate chips**

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Directions

1. Preheat oven to 350 degrees F. Place paper liners in muffin tin wells.
2. In large bowl, combine all ingredients and mix until smooth.
3. Portion batter evenly into liners and bake for 20 minutes.
4. Let cool completely before serving.

Courtesy of **Kyra Williams** (The Get in Shape Kitchen)



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Cinnamon-Sugar
— PROTEIN DONUTS —
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Ingredients

- ½ cup **oat flour**
(or ground rolled oats)
- 2 scoops **vanilla cupcake protein powder**
- ⅓ cup **coconut sugar**
- 1 tsp. **cinnamon**
- ½ tsp. baking powder
- ½ cup **unsweetened applesauce**
- 1 egg

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Directions

1. Preheat oven to 350 degrees F. and coat a doughnut pan with non-stick cooking spray or coconut oil.
2. In stand mixer (or using a hand mixer in a large bowl), blend together all ingredients until smooth and well combined.
3. Pour batter into pan. Sprinkle with extra cinnamon and sugar, if desired.
4. Bake donuts about 20 minutes, or until a toothpick inserted in center comes out clean.

Courtesy of **Jasmine Schmalhaus** (Jazzythings)



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Roasted Peach 

— COBLER —

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Ingredients

- 1 cup **Bob's Red Mill Gluten-Free 1-to-1 Baking Flour**
- 1-¼ cups almond milk
- ½ cup + 1 Tbsp. sugar, divided
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. **baking powder**
- 20 drops vanilla stevia (can sub with 4 tsp. sugar)
- Pinch of salt
- 2 large peaches, quartered and sliced (approx. 3 cups)
- 1 Tbsp. dairy-free butter

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Directions

1. Preheat oven to 350 degrees F.
2. In round baking dish, combine sliced peaches and butter. Bake for 30 minutes, stirring halfway through.
3. Meanwhile, in large mixing bowl with wire whisk, whisk together flour, ½ cup sugar, baking powder and salt. Mix in milk, vinegar and stevia.
4. Remove roasted peaches from oven and spread evenly in dish, if necessary.
5. Coat sides of dish with non-stick spray. Pour batter over peaches and bake for 1 hour.
6. Serve warm or cold, topped with remaining tablespoon of sugar and vanilla ice cream (diary-free, if necessary).

Courtesy of **Bob's Red Mill**



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Cocoa-Nut
- BALLS -
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Ingredients

- 1/3 cup **almond meal**
- 2 Tbsp. **brown rice flour**
- 1 scoop **vegan vanilla protein powder**
- 1/3 cup brewed **chicory grounds**
- 1/4 cup unsweetened shredded coconut
- 2-4 Tbsp. cinnamon
- 1-1/2 Tbsp. vanilla extract
- 1/4 cup **mixed nut and seed butter**
- 1/3 cup **dark chocolate morsels**
- 1 flax egg (1 Tbsp. ground flax + 3 Tbsp. water)

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Directions

1. Preheat oven to 350 degrees F. Spray sheet pan with non-stick spray.
2. In a large bowl, mix together all ingredients.
3. Using a cookie scoop, make small bite-sized balls and arrange on baking sheet.
4. Bake for 12 minutes. Let cool before serving.

Courtesy of **Maura Knowles** (Mo, the Morselist)



Blueberry
— CORNBREAD —

Ingredients

- 1 cup **stone ground cornmeal** (regular ground)
- 1 cup **garbanzo and fava flour**
- ½ tsp. sea salt
- 3 tsp. baking powder
- ¼ cup **organic maple syrup**
- 1 flax egg (1 Tbsp. ground flax + 3 Tbsp. water)
- 1 cup **organic rice milk**
- ¼ cup **coconut oil**
- ½ cup fresh or frozen blueberries

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Directions

1. Preheat oven to 425 degrees F. and grease 8" x 8" baking pan with coconut oil.
2. In large mixing bowl, combine all dry ingredients.
3. Add flax egg, maple syrup, milk and coconut oil and use a fork to stir together. Mash in coconut oil to ensure it gets evenly distributed throughout the batter. Be careful not to overmix.
4. Pour batter into prepared baking pan and top with blueberries.
5. Bake 30 minutes, or until golden.

Courtesy of **Pamela Higgins** (Total Health Counseling)



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Coconut Banana
— BREAD —
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Ingredients

DRY

- 1 cup **white rice flour**
- 1 cup **millet flour**
- 2 cups **unsweetened coconut flakes**
- 1 tsp. **xanthan gum**
- 1 Tbsp. baking powder
- 2 tsp. baking soda
- ½ tsp. nutmeg
- 1 tsp. salt

WET

- 8 ripe bananas, divided
- ½ cup **coconut oil**, melted
- ¾ cup **maple syrup**
- ¼ cup **chia seeds**
- 1 cup **unsweetened, unflavored almond milk**
- 1 Tbsp. vanilla extract
- 1 Tbsp. **apple cider vinegar**

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Directions

1. Preheat oven to 375 degrees F. Line two loaf pans with parchment paper.
2. In large bowl, mash six bananas. Stir in wet ingredients.
3. In another large bowl, mix together all dry ingredients except coconut flakes.
4. Add wet mixture to dry mixture and mix well. Stir in coconut flakes.
5. Pour batter into loaf pans. Slice remaining bananas and arrange on top of each loaf.
6. Bake loaves for 45 to 55 minutes or until knife inserted in center comes out clean.
7. Let loaves cool for 5 minutes before transferring to wire racks to cool completely.
8. Store in refrigerator or freeze for up to two months.

Courtesy of **Allison Day** (Yummy Beet)



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Hot Cross
— BUNS —
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Ingredients

DRY

- 2 cups white rice flour
- 1 cup potato starch
- ½ cup hazelnut meal
- ½ cup cornstarch
- 1 cup sugar
- 2 Tbsp. rapid rise yeast
- 4 tsp. baking powder

WET

- 4 tsp. xanthan gum
 - 1 tsp. cinnamon
 - 1 tsp. pumpkin pie spice
 - ½ tsp. salt
 - ½ tsp. cream of tartar
- 1 cup egg whites
 - 1 cup warm water
 - ¼ cup dairy-free butter
 - 3 Tbsp. apple cider vinegar

ADD-INS

- ½ cup raisins

ICING

- 1-3 Tbsp. almond milk
- 2 cups powdered sugar

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Directions

1. Spray 13" x 9" pan with non-stick cooking spray. Set aside.
2. In stand mixer, use hook attachment to mix dry ingredients until combined. Add wet ingredients; let knead for 4 minutes. Add raisins and knead 1 minute.
3. Use large cookie scoop to place 12 rolls in pan. Cover with plastic wrap sprayed with non-stick spray and let rise until double in size (about 1.5 hours).
4. Preheat oven to 375 degrees F. Cut crosses into buns.
5. Bake buns until golden brown (25-30 minutes). Remove from oven and let cool.
6. For icing, combine sugar with almond milk, gradually adding in milk one tablespoon at a time. Transfer icing to piping bag and squeeze out over crosses.

Courtesy of Bob's Red Mill; recipe by Sarena Shasteen



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Eggless Chocolate Chip
— COOKIES —
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Ingredients

- 1 cup **almond flour**
- 2 tsp. **water**
- ¼ tsp. **Redmond Real Salt**
- 1 tsp. **pure vanilla extract**
- 5 tsp. **maple syrup**
- ¼ cup **mini chocolate chips** (vegan, if desired)

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Directions

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. In large bowl, combine almond flour with maple syrup, water, vanilla and salt. Mix until combined. (Note: Dough should be moist, so add more water if needed.) Fold in chocolate chips.
3. Scoop out dough and roll into 12 balls. Place on prepared baking sheet and flatten into cookie shapes.
4. Bake for 7 minutes for soft cookies. For crunchier cookies, bake for 9-10 minutes or until golden brown.

Courtesy of **Liana Werner-Gray** (The Earth Diet)



White Chocolate Chip
— PUMPKIN COOKIES —

Ingredients

- ½ cup **coconut flour**
- ½ cup **honey**
- ½ cup **canned pumpkin**
- ½ cup **coconut butter**, melted
- 1 Tbsp. **vanilla extract**
- ½ tsp. **sea salt**
- ½ tsp. **baking soda**
- 1-½ tsp. **cinnamon**
- ½ tsp **nutmeg**
- ¼ tsp. **ground cloves**
- ¼ tsp. **ground ginger**
- Optional: ½ cup **white chocolate chips**

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Directions

1. Preheat oven to 350 degrees F.
2. In large bowl, combine coconut butter, pumpkin, honey and vanilla and mix until well combined.
3. In small bowl, combine coconut flour, baking soda, salt and spices; stir mixture to combine.
4. Pour dry mixture into wet mixture and mix well. Stir in chocolate chips.
5. On parchment-lined baking sheet, drop spoonfuls of batter to make 12 cookies.
6. Bake cookies for 15 to 20 minutes. Let cookies cool before serving.

Courtesy of **Kyra Williams** (The Get in Shape Kitchen)



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Mini Flourless
— CHOCOLATE CAKES —
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Ingredients

- ½ cup **coconut sugar**
- 3 Tbsp. **cacao powder**
- 2 oz. of **cacao butter**
- 2 Tbsp. **extra virgin coconut oil** + more for greasing
- 2 organic free-range eggs (whites and yolks separated)
- Fruit, optional, to top

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Directions

1. Preheat oven to 350 degrees F. Grease six 4-ounce oven-safe jars or cake tins with coconut oil.
2. Using double boiler over simmering water, melt cacao butter, coconut oil and cacao powder until smooth. Remove from heat and allow to cool slightly.
3. In separate bowl, use hand mixer to beat egg whites until stiff peaks form. Set aside.
4. In stand mixer, beat together coconut sugar and egg yolks until thick and creamy.
5. Mix about a fourth of melted chocolate into egg yolks. Continue to mix, slowly pouring remaining chocolate into yolk, until all is incorporated. Fold in egg whites.
6. Spoon 4 tablespoons of batter into each greased jar. Place each jar about 2 inches apart on a baking sheet.
7. Bake for 25 to 30 minutes, until tops begin to crack. Remove from oven and let cool.
8. If desired, top with fruit. If you use strawberries, slice each into fourths and use 2 halves to make a heart shape on each cake.

Courtesy of **Liana Werner-Gray** (The Earth Diet)



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Vanilla Chiffon
— cake —
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Ingredients

- 2 cups **Bob's Red Mill Gluten-Free 1-to-1 Baking Flour**
- 1-½ cups sugar, divided
- 2 tsp. **baking powder**
- 1 tsp. salt
- 7 eggs, separated
- ¾ cup milk
- ½ cup vegetable oil of choice
- 2 tsp. vanilla extract
- ½ tsp. cream of tartar

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Directions

1. Preheat oven to 325 degrees F.
2. In large bowl, combine ½ cup sugar, egg whites and cream of tartar. Whip until stiff.
3. In small bowl, mix together flour, 1 cup sugar, baking powder and salt.
4. In separate large bowl, beat together milk, oil, vanilla and yolks.
5. With electric mixer, beat flour mixture into milk mixture for 2 minutes, until well combined.
6. Gently mix a heaping scoop of whipped egg white mixture into batter until combined. With a wire whisk, gently fold remaining egg white mixture into batter, scraping sides of bowl as necessary.
7. Pour batter into a 10-inch tube or angel food pan. Bake for 50 minutes. Don't open door to oven at all during baking. After 50 minutes, raise temperature to 350° F, and bake for 10 more minutes. If you press on cake and surface immediately springs back, it's done.
8. Let cake cool for 30 minutes by placing pan upside down on a bottle-necked jar.
9. Serve with your favorite chocolate glaze, frosting, powdered sugar or fruit and whipped cream.

Courtesy of **Bob's Red Mill**



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Cheesecake
— WITH BERRY SAUCE —

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Ingredients

- ½ pound **gluten-free regular graham crackers**
 - 1 cup **coconut sugar**
 - 3 Tbsp. salted butter, melted
 - 4 8-oz. packages cream cheese at room temperature
 - 1 tsp. **vanilla extract**
 - 1 tsp. lemon zest
 - 2 eggs
 - 2 egg whites
 - **non-stick cooking spray**
- BERRY TOPPING**
- 1 10 oz. bag frozen mixed berries
 - Juice from 1 lemon or 1 Tbsp. **lemon juice**
 - 2 tsp. **cornstarch**
 - ½ cup water

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Directions

1. Preheat oven to 325 degrees F. Coat a 9-inch springform pan with nonstick cooking spray and set aside.
2. Break up graham crackers into small pieces and place in a food processor or mini chopper. Pulse 5-6 times, or until crackers become fine crumbs. Pour crumbs into a bowl and stir in melted butter.
3. Press graham cracker mixture into a bottom of a prepared springform pan.
4. Using mixer, beat cream cheese in a large bowl until smooth. Add sugar, vanilla and lemon zest and mix until well blended.
6. Add eggs and egg whites, one at a time, mixing on low speed after each addition.
7. Pour mixture over the crust and smooth evenly with a spatula.
8. Bake 40-50 minutes, or until center is almost set.
9. Once baked, cover and refrigerate for at least 4 hours before serving (preferably overnight).
10. Just before serving, prepare your berry sauce: In a medium saucepan over medium-high heat, add all berry sauce ingredients and bring to a slight boil. Once boiling, reduce heat to a simmer and let it cook until sauce thickens to desired consistency, stirring constantly.
11. Take cheesecake out of fridge and carefully remove sides of springform pan. Spoon berry sauce over top and add a couple extra berries for garnish.

Courtesy of **Kristen Estima** (Kristen Mee)



Go-To
— PIZZA CRUST —

Ingredients

- 1-½ cups **gluten-free all-purpose flour**
 - 2 tsp. **gluten-free active dry yeast**
 - ¾ cup water
 - 1 tsp. **sugar**
 - 1 Tbsp. olive oil
 - 1 egg*
 - 2 tsp. **xanthan gum**
 - ½ tsp. sea salt
- *For eggless version, combine 1 tablespoon of **flaxseed meal** and 3 tablespoons of water. Let sit for five minutes, then use as egg in recipe.

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Directions

1. In large bowl, combine yeast, sugar and water; let mixture stand for five minutes.
2. In another bowl, combine remaining dry ingredients.
3. Add egg and olive oil to yeast/sugar mixture, then add wet mixture to dry mixture.
4. Use hand mixer to mix for about a minute, adding a teaspoon of water if dough travels up the beaters.
5. Place dough onto greased baking/pizza pan. With wet hands, spread dough evenly over pan and smooth down. For thicker crust, let dough rise for 10 to 15 minutes.
6. Add sauce and toppings of choice.
7. Bake pizza for 15 to 20 minutes at 425 degrees F.

Courtesy of **Bob's Red Mill**



Zucchini-Crust
— PIZZA —

Ingredients

- 2 medium-sized zucchini
- 2 Tbsp. **Aleia's Gluten-Free Italian Bread Crumbs**
- ½ cup **Bob's Red Mill Gluten-Free All-Purpose Flour**
- ½ tsp. **Badia Organic Garlic Powder**

- ½ tsp. **Simply Organic Oregano**
- 1 egg, beaten (or 1 **vegan egg replacer**)

TOPPINGS

- 1-½ Tbsp. **Delallo Simply Pesto**, divided among two crusts
- Sliced tomatoes, chopped sweet peppers, basil leaves & veggies or herbs of choice
- Fresh mozzarella or cheese of choice

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Directions

1. Preheat oven to 450 degrees F.
2. Chop and grate zucchini into bite-size pieces, then place in food processor and pulse until finely chopped.
3. Add chopped zucchini to a microwave-safe bowl and heat on high for 4 minutes.
4. Place a cheesecloth or kitchen towel inside a strainer, add zucchini on top and let it drain. Once cooled, you can wrap up zucchini in towel and squeeze to get rid of any excess moisture.
5. Once moisture is drained, mix zucchini, breadcrumbs, flour, spices and egg in a medium-sized bowl until well combined. If you've ever made dough before, you'll recognize the consistency. (If your mixture is too moist, add flour in small increments until you reach the desired consistency.)
6. Divide into two balls, place on lightly-oiled cookie sheet. Roll out each ball into a flat circle.
7. Cook crusts for 10-12 minutes, or until slightly browned.
8. Add pesto, veggies, fresh herbs, cheese and any of your other favorite pizza toppings.
9. Cook for 3 minutes or until cheese is melted and crust is crispy.

Courtesy of **Katie Kaleita** (Vitacost Content Manager)

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