

15 Gluten Free Bread Recipes to Bake, Roll and Sweet Bread Your Way into the Holidays





Welcome to the 1st Annual Holiday Recipe
Collection brought to you by Gluten-Free-
Bread.org.

What is Gluten-Free-Bread?

We are a thriving community of bakers, shoppers and foodies who love to eat and just happen to live gluten free. Our website is a mammoth resource of tips, recipes and interviews, all sharing in the journey of living a gluten free lifestyle.

If you enjoy everything there is to know about gluten free and other food allergies, then I invite you to join us at:

www.Gluten-Free-Bread.org

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Gluten Free Almond Flour Biscuits



If you are living the Gluten Free lifestyle, you have probably cooked with almond flour—or maybe you've just been curious about it.

Almond flour is just what it sounds like—almonds that have been ground into powder. Almonds, and therefore almond flour, are known for being quite nutritious.

Almonds are:

- Gluten free
- High in manganese
- High in vitamin E
- High in protein
- Low in carbohydrates
- Low in sugar
- High in monounsaturated fats
- High in fiber
- High in omega 3 essential fatty acids

Studies show that almonds are good for your heart, brain, complexion, colon, digestive system, cholesterol, and blood sugar. They also may help prevent cancer.

Besides being nutritious, almond flour is also delicious, with a flavor and texture that adds not only moisture, but an extra dimension of taste to dishes it's used in.

Popular uses for almond flour include piecrusts, cakes, [pancakes](#), cookies, and other baked goods. It is also often used as a substitute for breadcrumbs, such as when making meatballs or coating fish or chicken, or as a thickener in soups and stews.

Almond flour is also tasty when used for crackers and for "crumbles" over fruit cobblers (sugar, butter, and a cup of almond flour combined and crumbled over cobbler before baking).

Almond flour is so nutritious and delicious, that many people sprinkle it over dessert items such as ice cream, just to get every bit of nutrition and taste they can out of what they eat.

Almond Flour Tips

- Almond flour is best kept refrigerated or frozen—just make sure you let it thaw out before you use it. If you store it in the refrigerator or freezer, it will keep for 6 months.
- If there is one down side to almond flour, it may be the cost. While it can get very expensive when you buy it in the store, [buying it online](#) will save you a little money.
- If you've never made anything with almond flour before, you might want to start off with a recipe that specifically calls for almond flour. However, if you're anxious to try a "regular" recipe with almond flour substituted, you can try a direct substitution (i.e., a cup of almond flour for a cup of whole flour). Just be prepared—it might not come out exactly as you hoped, and you might have to try a bit of experimentation to get the exact results you want.
- Baked goods made with almond flour are a little more delicate than your typical baked goods. Let them sit for a few minutes after baking before you try to get them out of the muffin tin or off of the pan.

Now that you know how good almond flour can be—and how good it can be for you—how about a tasty recipe that uses some? Here is a Gluten Free, almond flour recipe for delicious butter biscuits.

Almond Flour Biscuits

Ingredients:

2 ½ cups of almond flour
½ teaspoon of salt
½ teaspoon of baking soda
Pinch of cinnamon
¼ cup of unsalted butter, softened
2 eggs
1 tablespoon of honey

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, mix the dry ingredients well with a fork.
3. In a separate bowl, whisk together the wet ingredients. Combine with dry ingredients and blend together.
4. Roll your biscuit dough into a ball, and freeze for 10 minutes.
5. Place the dough ball in between two pieces of parchment paper, and roll to 1-inch thickness. Cut out biscuits with a cookie cutter (or, take a bit of dough and roll it in your hands, then flatten and shape it into biscuits, with a thickness of 1 inch).
6. Put the biscuits on a nonstick cookie sheet. Bake for about 12 minutes, or until an inserted toothpick comes out clean and they are golden brown.
7. Makes six delicious, Gluten Free, ultra-nutritious almond flour biscuits. Enjoy!

Did you enjoy this recipe? Join our email list and be the first to get more recipes and tips! [Sign up to Gluten-Free-Bread.org](http://www.Gluten-Free-Bread.org)

Flaky, Buttery Gluten Free Biscuits



If you're looking for a gluten free biscuit recipe that produces light, tender biscuits with just a very slight crunch on the outside and a soft inside, then this is your recipe. Actually, this is my recipe, but I'm giving it to you and I give you permission to change it up any way you'd like. Really. Alter it, substitute ingredients, change the liquids – make it your own.

That's how I discovered this one.

There are no hard and fast rules about making biscuits. Sure there are suggestions and tips, but really, you can take any recipe and change it up to make it your own.

This recipe is for a basic [gluten free biscuit](#). The beauty of it is that you can easily add cheese and make them a dinner accompaniment. Or add some cinnamon and make them cinnamon biscuits. Cinnamon biscuits happen to be one of my favorite [gluten free biscuit recipes](#), but I came upon them by pure experimentation. I had made the biscuits and cut them out with a cookie cutter. But I wanted to jazz them up some so I spread some melted butter across the tops, sprinkled some cinnamon and sugar on them and popped them into the oven.

Little did I know what I'd just unleashed. They were delicious and everybody loved them.

But regardless of what add-ins you want to use with your biscuits, you still have to start with a basic recipe. Basic gluten free biscuit recipes are not hard to come by. But what is more of a challenge is finding one that meets all the requirements of a tender, buttery, tummy-warming biscuit. And because I like ones that you cut out with a [biscuit cutter](#), rather than a drop biscuit, this recipe is the one that takes the cake on all accounts.

The resulting biscuits are light, airy and oh so good.

So now that you're craving biscuits, here is my basic recipe for tender, light biscuits – explore with it.

Gluten Free Biscuits

Ingredients:

- 1 ¾ Cup Light Mix*
- 1 tsp. Xanthan Gum
- 3 tsp. Baking Powder
- 1 tsp. Baking Soda
- 2 tsp. Sugar (if you like a sweeter biscuit, add 1 tsp. more)
- 1 tsp. Salt
- 6 Tbsp. Cold Butter, cut into small pieces
- 1 Cup Plain Yogurt

Directions:

1. Preheat oven to 425 degrees.
2. In a large mixing bowl, combine all of the dry ingredients and whisk to mix.
3. Add the cold cut butter in with a pastry blender or fork, until the mixture resembles crumbs.
4. Add in the yogurt and gently mix until the dough forms a ball. Turn the dough out onto a piece of plastic wrap and pat to ¾" thickness.
5. Cut the dough into 2 ½" squares or using a biscuit cutter**. Place 1" apart on an ungreased baking pan (or pizza stone).
6. Bake for 15-20 minutes.

Makes 6 large biscuits.

**Cutting your biscuits can be fun using a variety of fun shapes. We like [hearts](#) and eggs. Really, any similar size biscuit cutter will work great. Alternatively, if you want round biscuits and you don't have a biscuit cutter, use a tin can. Simply remove the top and bottoms of the can, stick it in some flour and use it as a biscuit cutter. A very creative biscuit cutter.

*For the Light mix -

Combine:

- 1 ½ Cups Brown Rice Flour
- 1 ½ Cups White Rice Flour
- 3 Cups Tapioca Flour
- 3 Cups Cornstarch
- 3 Tbls. Potato Flour

5 Secrets to Fluffy, Sky High Gluten Free Biscuits



Being from the South, biscuits are just a given for special occasions. I say special occasions because the reality is that I do not make biscuits every day. But they sure do call a hungry crowd to just about any meal. Biscuits, and in particular gluten free ones, are an art form as well as a tasty companion to a mouthwatering meal. But, biscuits are also fickle sometimes. Too much flour and they can quickly go from delicious to dry. The

solution to that is more of a technique than a secret. Sure, at first it seems like a secret, but really, it's all about the technique you use for your particular biscuit recipe.

Flaky and buttery, fluffy and moist, these are all terms bakers and foodies use to describe their ideal biscuit. But can a gluten free biscuit also have these qualities? Absolutely yes. It just takes a bit of trial and experimentation with flours to get the [perfect gluten free biscuit](#) to compliment your meal.

These “secrets” that I’m revealing are not so much secrets as lessons. There are things to do and things not to do. But they are all little techniques to help your gluten free biscuits rise to the occasion.

Secret # 1

The type of flour you use determines the outcome of your finished product. Sounds like a no-brainer, right? Well this is vitally important for baking gluten free. For example, if you want fluffy, white biscuits, as opposed to a brownish color, use superfine white rice flour. Brown rice flour can also be used, but they will have a hint of brown. Coconut flour lends a great taste to biscuits, but may be a little too sweet for a dinner meal.



Secret # 2

The gums that gluten free baking usually require are not always necessary in biscuit recipes. Often, your biscuits will turn out just spectacular with a combination of some baking powder and salt mixed with gluten free flour and starch. This may not be the case for every recipe, but for a general rule of thumb, [xanthan gum and guar gum can often be omitted](#).

Secret # 3

The type of fat you use can make a world of difference in your biscuits. This is regarding taste and even texture sometimes. Butter is going to result in a buttery, almost sweet taste in your biscuits. Shortening can also be used – it’s going to lend more height to

your biscuits and they may also be softer. Shortening is flavorless so the end result will taste a bit different than your butter counterparts. The final verdict between the two is if the recipe calls for butter or margarine, use the butter option. If the recipe calls for any type of fat (as in, it gives you options), choose the one that will compliment the rest of the meal best.

Secret # 4

You don't have to make drop biscuits. This is a little secret I discovered while multi-tasking. Just because the recipe is directing you to drop the biscuits on the cookie sheet doesn't mean you have to. Instead, if you prefer round, cookie-cutter biscuits, make those instead. The secret is that because gluten free biscuit dough will be quite sticky, you'll have to do some creative positioning. Take a piece of plastic wrap and dust a little flour on it. Lay your biscuit dough on it and cover it with another piece of plastic wrap. (You might need a little more flour). Gently roll out the dough to a nice thickness – about ½ inch or so. Use a [floured cookie cutter](#) to cut out your biscuits. Slide a metal spatula underneath the dough and place your biscuits on the baking sheet. A nice, easy way to get beautiful round biscuits!

Secret # 5

Placing the biscuits close to each other helps them rise higher. However, in most biscuit recipes, not just the gluten free ones, the directions state to place the biscuits 2 inches apart to bake. Well, if you want to see some nicely risen biscuits, try placing them closer to each other. Allow them some space, but if you try for about ½ inch apart, they will be able to grab onto the other biscuits, thus baking up sky high and light.

Whether you like light and fluffy or tall and flaky biscuits, your gluten free baking adventures just got even more interesting with these secrets to yummy biscuits. The great thing about biscuits is that adding cheese or herbs can take a basic, plain biscuit and transform it into a savory [gluten free bread](#) worthy of serving to guests. Or add in some cinnamon and serve them with honey butter and you have a delightfully delicious breakfast treat.

Enjoy your biscuits!

Like this article? There's more at gluten-free-bread.org!

Melt-in-Your-Mouth Gluten Free Dinner Rolls in a Bread Machine



The bread machine is a wonderful thing. It will do as much or as little of the bread-making process as you want it to, and you will always come out with a consistent product in the end. To make Gluten Free rolls, you can easily mix and knead the dough in the bread machine, but you will have to cut, roll, and bake them yourself. Don't worry though—this is the fun part.

If you are familiar with Gluten Free bread baking, you may notice that this recipe calls for a fair bit of xanthan gum. This is on purpose, because for a wonderful light and fluffy dinner roll, you want a good binding agent. If you prefer not to bake with gums, you can [substitute the xanthan gum however you like](#).

If you want to make these rolls with a vegan option, you can do so quite well. There are a number of different egg substitutions that you can try, but $\frac{1}{2}$ cup water mixed with 1 tablespoon ground flaxseed works well with this recipe. To make it dairy-free, substitute the butter for your favorite baking oil. Olive oil, dairy-free margarine, or ghee make fine options.

Bread Machine Dinner Rolls

Ingredients:

1 ¼ cup white rice flour
1 cup brown rice flour
¾ cup potato starch
1/3 cup tapioca starch
2 tablespoons xanthan gum
2 tablespoons active dry yeast
1 teaspoon salt
¼ cup sugar
2 cups warm water
1/3 cup butter
1 egg

Extra melted butter for brushing (optional)

Directions:

1. Place all the ingredients except the extra butter for brushing into your bread machine in the order recommended by the manufacturer.
2. Set your machine to mix the dough and allow it to do the grunt work for you. It is not necessary to proof your dough before setting it on your baking sheet.
3. When the dough has finished mixing, you will have a mixture that is quite wet. Use a large scoop (like [this one](#)) to set balls of dough onto a prepared baking sheet.
4. Place a damp towel over your baking sheet so that the buns don't dry out and allow them to rise for about 1 ½–1 ¼ hours, until they have doubled in size.
5. Heat your oven to 425 degrees F and bake for about 8–10 minutes. At the end you will have a lovely golden brown roll.
6. If you like, brush on a light coating of butter on the top of your rolls as soon as they come out of the oven. This will add some delicious buttery flavor and also makes them quite soft on the outside (don't do this if you like a really crusty bun).
7. Serve them while they're hot or save them for later and enjoy!

Like this recipe? Please share it!



Making the Perfect Gluten Free Sourdough Bread



A good Gluten Free sourdough bread is surprisingly easy to make (and even easier to eat), so that you can enjoy the tangy flavor of sourdough even if you are gluten intolerant. Gluten Free sourdough bread actually has significant health benefits because it is easier to digest than ordinary breads; the proteins are already partially broken down before the bread even hits your digestive system. It also helps keep your blood sugar in check by not causing the spike that other types of bread do.

The secret behind the bread's unique flavor lies in fermenting the flour in a sourdough starter that you can keep for as long as you want to keep feeding it. However, not any flour can be used to make this type of bread, in part because of the wide variety of flavors available, but mostly because of their starch levels.

It is necessary to use a flour mix that has a [good ratio of protein to starches](#) in order to produce bread that has a nice, fluffy texture and that doesn't fall apart. Another alternative to mixing your own flour is to buy it pre-mixed, a good idea for beginners to Gluten Free bread baking.

The Sourdough Starter

Every loaf of sourdough begins with a starter. You make this flour-and-water combination ahead of time and let it sit in your fridge until the flour has sufficiently fermented, and this is the base of the bread that adds that tangy taste we all love.

The process takes about 5–7 days, but once your starter is ready you can continue to feed it and it will be ready-to-go whenever the mood strikes you to make another loaf of bread.

To make it, simply whisk together ½ cup of Gluten Free flour mix with ½ cup water in a non-metal bowl or wide-mouthed jar and put it in the fridge. Then, over the next 5–7 days you'll add ½ cup of the flour and a 1/2 water about twice per day at regular intervals.

Watch the starter as you continue to feed it; after about three days after you begin the starter, bubbles should begin to form around the top and sides of the mixture. If you do not have bubbles, you will need to start feeding the starter three times per day, still at regular intervals.

You will be able to tell that your sourdough starter is ready when it forms a nice round dome within about three hours of your feeding it. At this point you can make your loaf.

It can seem like a long process at first, but don't worry—a nice loaf of fresh sourdough bread is definitely worth the effort.

Making the Bread

When your starter is nicely fermented, you can make your first loaf of sourdough. Many Gluten Free bread bakers understand that since Gluten Free flour can be trickier than wheat flour, beginners may not get the results that they are looking for on the first try. Don't let this discourage you though, just continue to feed your starter and try again.

Ingredients:

2 cups Gluten Free flour mix
¼ teaspoon cream of tartar
¼ cup sugar
1 teaspoon salt
2 teaspoons active dry yeast
2 cups sourdough starter
3 tablespoons butter, melted (or any oil of your choice)
1 ½ cup milk, heated to about 100 degrees Fahrenheit

Directions:

1. Prepare your 9 x 5 bread loaf pan by greasing it well and set it aside.
2. Next, combine your flour mix, cream of tartar, sugar salt, and yeast in a large bowl. Add the sourdough starter and butter and continue to mix it all together.
3. Add the milk to your dough slowly and combine well. You want to end up with a mixture that is thicker than cake batter, but not as thick as cookie dough.
4. Pour the mixture into your bread pan and let it sit in a warm place for around 8 hours. More or less time is okay, whatever works best for you, but you want the sourdough to have risen by at least a third.
5. Bake the batter at 350 degrees Fahrenheit for about 40 minutes. When the loaf is ready it will look golden brown on the top and will not “jiggle” at all. Allow the pan to cool on a wire rack for about 15 minutes before turning the loaf out of the pan and allowing it to cool completely.
6. Don't try to resist diving right into your fresh loaf of sourdough and enjoy! This tastes great smothered in butter, jam, or peanut butter, or as a part of your favorite sandwich.

How to Make the Best Gluten Free Cornbread Ever



Not growing up in a traditional Southern home, I did not taste real Southern cornbread until I made it myself. I started simple – using a mix and just adding eggs and milk – it was good, but, in all honesty, it was a mix, so it was pretty much a given that it would taste good. Fast forward to today and mixes are a thing of the past. Being able to tailor my recipes as I see fit is more important than speed. Needless to say, moist, delicious and with just the right amount of crumbliness, cornbread has since become one of my favorite [quick breads](#).

But interestingly enough, not all recipes are created equal. Although all the ingredients may seem like they would make a great cornbread, and many of them are very similar, sometimes the smallest thing can make a big impact. For instance, did you know if you put your baking pan in the preheating oven for a few minutes it gives your cornbread a nice crusty bottom and sides? And if you let your batter rest for a minute, it makes the top rise nicely? Its things like that that can take your cornbread from ho-hum to Wow!

Gluten free cornbread is another story though. If you've made it unsuccessfully before, then these terms should be familiar - dryness, grittiness, general lack of taste. Sometimes even adding more butter doesn't help. Fortunately, there is hope. There are some things you can do to create the best, most springy gluten free cornbread in the world – and no one will even know its gluten free!

Remember to preheat your oven.

Preheating is important as it ensures your oven is at just the right temperature before you put your labor of love in there to bake. And, going a step further, if you want a nice crisp to your gluten free cornbread, then preheat your pan as well.

Fat is a good thing.

Fat and cornbread go together like cinnamon and cinnamon rolls – you can't have one without the other. Some form of fat is essential for a nice, moist cornbread. Now, there are some exceptions to this rule – there are recipes that are low-fat by design. In this case, the fat has been replaced by something else. I may be premature here, but I've never found a low-fat gluten free cornbread recipe that tastes like this one.

Don't get overzealous with the mixing.

Even though your gluten free recipes can't get tough due to overworking the gluten, they can still get tough due to over-mixing. Mix the ingredients just until they are combined and then scrape it into the pan.

Different gluten free cornmeal will produce different results.

A finer ground of cornmeal will produce a cornbread with less grit to it. A coarser cornmeal will be a bit more substantial. Experimenting with the different types might be the best thing when it comes to creating the perfect gluten free cornbread for your tastes. The following recipe uses regular, yellow cornmeal – not fine, not coarse.

Now for the actual recipe...

Gluten Free Cornbread

Ingredients:

1 Cup Milk
1 Egg
1/4 Cup Oil
1/4 tsp. Vinegar
1/3 Cup Potato Starch
1/2 Cup Cornstarch
1 tsp. Salt
1/4 tsp. Baking Soda
1 tsp. Baking Powder
3/4 Cup Cornmeal
1/4 - 1/2 Cup Sugar (depending on how sweet you want it)
1/2 tsp. Xanthan Gum

Directions:

1. Preheat oven to 375 degrees. Grease 8x8 baking pan and set it in the oven to warm.
2. Meanwhile, in a medium bowl, combine the milk, egg, oil, and vinegar. Mix well.
3. Add all the other dry ingredients and mix well, being sure to remove any lumps. Batter will be thin.
4. Very carefully, remove the pan from the oven.
5. Pour the batter into the pan. Bake it at 28 - 32 minutes, until the cornbread tests done with a toothpick and the top is lightly browned.

9 servings.

Note: If you like a sweeter cornbread, increase the sugar. Also, feel free to toss in some shredded cheese or even chopped jalapenos if you want to add a little kick to your gluten free cornbread.

Enjoy!

Gluten Free Spiced Pumpkin Bread



This time of year it seems there is no shortage of fun things to make with pumpkin. Pumpkin pie, pumpkin scones, pumpkin donuts, even pumpkin soup!

But who can forget the classic pumpkin delight? A nice slice of pumpkin bread.

One of the great things about pumpkin bread, and many other quick breads for that matter, is that [they freeze really well](#). So whenever a baking mood strikes, double the recipe and freeze what you don't eat. The next time Aunt Jane is in town and stops by for a quick visit, you can easily pull out some of your quick breads and show off your baking know-how.

And this is one bread you'll definitely want to have in the mix...

It's the perfect balance of firm and delicate, spiced with just the right amount of cinnamon and ginger. Double the recipe and enjoy a loaf now and save a loaf for later.

Gluten Free Spiced Pumpkin Bread

Ingredients:

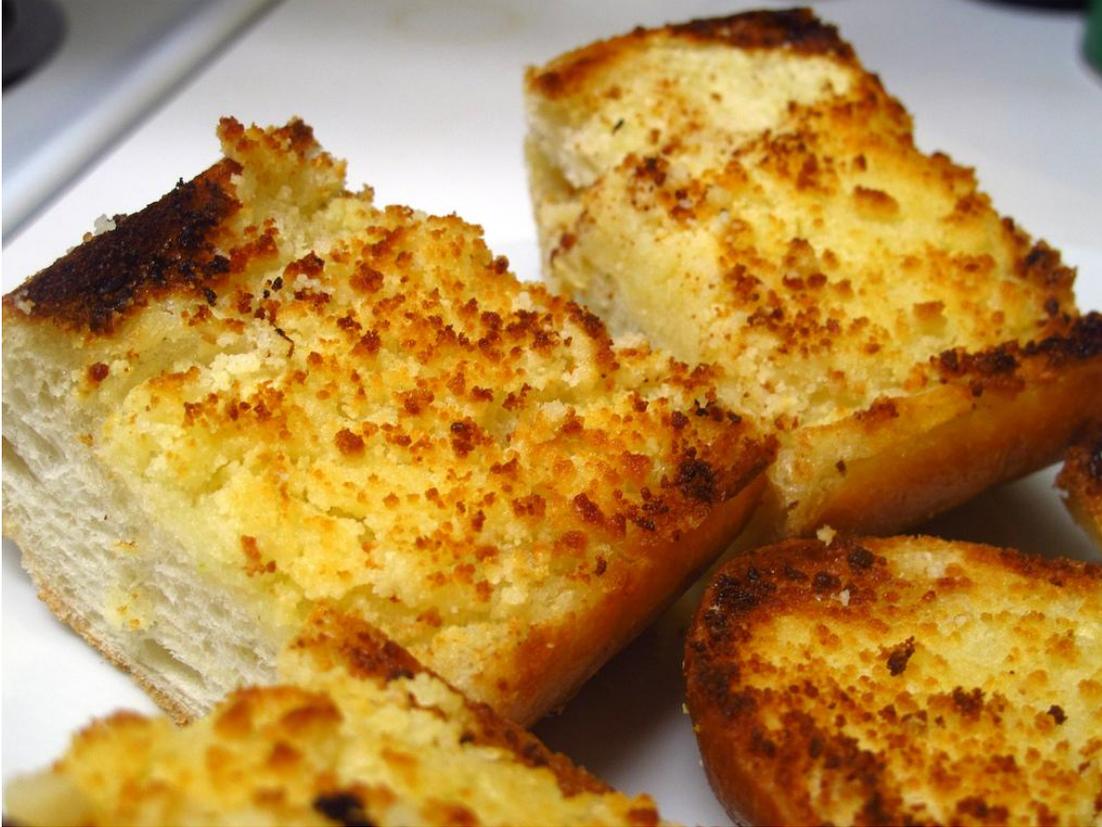
1½ cups canned, 100% pure pumpkin
¾ cup granulated sugar
½ cup vegetable oil
2 large eggs
2 teaspoons pure vanilla extract
1¾ cups Gluten Free baking mix, such as our mix here
2 teaspoons ground cinnamon
¼ teaspoon ground ginger
½ teaspoon salt

Directions:

1. Make sure your oven rack is positioned in the center of your oven. Preheat the oven to 350°F. Spray a 9- by 5-inch loaf pan with vegetable oil spray and dust it with rice flour. Set the loaf pan aside.
2. In a large bowl or the bowl of a stand mixer, place the pumpkin, sugar, oil, eggs, and vanilla. Beat with hand mixer or with your stand mixer on low-medium speed until mixed and smooth, about 1 minute.
3. Set the pumpkin mixture aside.
4. In a small mixing bowl, place the gluten free baking mix, cinnamon, ginger, and salt. Stir to combine.
5. Add the dry ingredients to the pumpkin mixture and beat with the electric mixer on low speed until the dry ingredients are just combined, which is about 1 minute.
6. The batter will be thick.
7. Spoon the batter into the prepared loaf pan and place the loaf pan in the oven.
8. Bake the pumpkin bread for 45 – 55 minutes, or until a toothpick inserted in the middle comes out clean.
9. Transfer the loaf pan to a wire rack and let the bread cool in the pan for about 5 minutes.
10. Run a knife around the edges of the pan to loosen it.
11. Turn the pumpkin bread onto a wire rack to continue cooling completely, for about one hour before slicing.
12. Enjoy it with a nice, steaming cup of coffee or tea. And if you're feeling adventurous, add a smear of walnut cream cheese to it.

Yum!

Hot-and-Ready Gluten Free Bread Machine Garlic Bread



Garlic bread is a great addition to any Gluten Free pasta dish, chili or stew, or even a delicious meat sandwich (steak is a classic!), but when you're buying gluten-bread from the grocery store, it can get expensive. Besides, you can't beat home baking with this homemade bread machine variety of garlic bread.

Your bread machine will do most of the work for you, and all you have to do is enjoy! You'll want to give yourself a bit of time before dinner goes on the table though, because you're actually going to be baking this twice. The whole process should take about three hours.

Bread machines from different manufacturers may need to be used in different ways, so make sure you're familiar with your machine before using it. You need to know the order in which your manufacturer recommends ingredients be placed, and how to set the machine. Check out [this machine](#); it has a special, gluten free option.

There are two different ways you can go about making your garlic bread, depending on your preference. You can either: a) have the bread machine simply mix the dough for

you without proofing or baking so that you can make baguette-shaped garlic bread, or b) have the machine bake the bread completely and apply your garlic spread to each individual piece.

The first option will give you garlic bread that is crusty on the outside and soft and fluffy on the inside, while the second will give you more of a garlic toast. Either way, you'll have tasty garlic bread that your family will love.

Bread Machine Garlic Bread (Makes 1 Loaf.)

Ingredients:

2 cups rice flour
1/2 cup soy flour
1/2 cup potato starch
1/3 cup cornstarch
1 tablespoon xanthan gum ([or psyllium husk](#))
1 tablespoon active dry yeast
1 teaspoon salt
1/4 cup honey
1 1/2 cup buttermilk, room temperature
1/4 cup olive oil (or the oil of your preference)
3 eggs
1 tablespoon apple cider vinegar
1/3 – 1/2 cup olive oil, for drizzling
1–2 cloves of garlic, minced

Directions:

a) To make soft baguette-shaped garlic bread:

1. Add the bread ingredients (all except the olive oil for drizzling and the garlic) to your bread machine according to the manufacturer's instructions. Set it to mix and knead the dough and proof it for about 45 minutes to an hour (until the dough has doubled in size).
2. When the dough is ready, take it out of the bread machine and punch it down on your workspace. Set the oven to 350 degrees Fahrenheit.
3. Roll your dough into a long, thin baguette shape and set it aside with a damp cloth over it to let it rise for another 20 minutes. When it is ready, place it in the oven for about 40 minutes, until the loaf is golden brown on the outside. Leave the oven on if you intend to serve your garlic bread right away. Set it to 450 degrees Fahrenheit.
4. When the bread has cooled, slice it in half lengthwise. Drizzle the olive oil and sprinkle the minced garlic evenly over both pieces.

5. Place the two halves of the baguette face-up on a baking sheet and place back in the oven to toast for about 10–15 minutes.
6. Slice up the baguette and serve it while it's hot.

b) For easy, crunchy garlic bread

1. Add the bread ingredients (all except the olive oil for drizzling and the garlic) to the bread machine according to the manufacturer's instructions. Set it to its regular bread-making setting and allow it to bake the bread all the way through.
2. When the bread is ready, take it out of the bread machine and allow it to cool until you can handle it easily. Set the oven to 450 degrees Fahrenheit.
3. Slice your loaf of bread to your desired thickness, and place them on drizzle olive oil and sprinkle the minced garlic evenly over each piece.
4. Set the baking pan in the oven and allow your garlic bread to toast for about 10–15 minutes until the bread has reached your desired crispiness.
5. Serve your fresh garlic bread hot.

Omega-3 Loaded
Gluten Free Banana Nut Bread with Coconut Flour



There's a little group of fats running around that are catching everyone's attention.
They are invading our kitchens and creeping up in our conversations.
They are even becoming associated with staying healthy!

So what is this wonder fat we are referring to?

It's something called Omega-3.

And if you are not too familiar with it and why it's good for you, here's a little breakdown:

- Omega-3 fatty acids are polyunsaturated fatty acids that are essential nutrients for health.
- The body needs omega-3 fatty acids for several normal body functions, such as controlling blood clotting and building cell membranes in the brain.
- Our bodies cannot make omega-3 fats, so we must get them through food.
- Omega-3 fatty acids are also associated with many health benefits, including protection against heart disease and possibly stroke.
- New studies are identifying potential benefits for a wide range of conditions including cancer, inflammatory bowel disease, and other autoimmune diseases such as lupus and rheumatoid arthritis.
- Omega-3 is found in some vegetable oils, such as soybean and rapeseed (canola), flaxseed and in walnuts. Also in some green vegetables, such as Brussels sprouts, kale, spinach, and salad greens.

So, you can see why these little fats are an excellent thing to incorporate into your diet.

But now what about that banana bread we were referring to...

Well, we DO have a banana bread recipe for you today. And this particular banana bread came to be as a result of 2 things...

The first was [too much coconut flour](#).

The second was a 'healthy focus'.

Bananas by themselves are already a healthy food. But it's all the additives, like sugar and oil that make an otherwise healthy item go from good-for-you to caloric overload.

So the focus for this bread recipe was a way to use up a bounty of coconut flour and to make banana bread with a nice health kick. BUT it had to still taste good.

The results are pretty nice – very tasty, while giving you a good dose of omega-3's.

Gluten Free Banana Nut Bread

Ingredients:

3 ripe, peeled bananas (about 1 1/2 cups mashed)
4 large eggs
3 tablespoons maple syrup or honey
1 tablespoon vanilla extract
3/4 teaspoon baking soda
1/2 teaspoon salt
1 tsp. cinnamon
2 Tbsp. Ground flax seed
1/4 cup plus 2 tablespoons coconut flour
1/2 cup chopped walnuts

Directions:

1. Preheat your oven to 350°F.
2. Prepare a 9 x 5 or 8 x 4 baking pan with parchment paper, or grease generously.
3. In a large bowl, mash the bananas using a mixer or by hand. Mix until completely mashed and smooth.
4. Add in the eggs, maple syrup or honey, and vanilla to the mashed bananas and blend well.
5. In the same bowl, add the baking soda, salt, cinnamon, flax seed and coconut flour to the wet batter and blend well.
6. Gently fold in the chopped walnuts.
7. Let the batter sit for 5 minutes or so to give the coconut flour time to absorb the liquids.
8. Pour the batter into the baking pan and bake for 50 minutes or until the top begins to brown and a toothpick inserted in the center of the bread comes out clean.
9. Remove from the oven and cool on a wire rack.
10. This bread will store covered for a few days at room temperature or in the refrigerator for a few weeks, or you may even seal and freeze it for a few months.

Quick Gluten Free Cranberry Bread



If there's one thing that is irresistible with a nice cup of coffee or tea it's a slice of cranberry bread. Cranberry bread has got to be one of the few [quick breads](#) that actually have some great health benefits to it as well.

Cranberries are high in vitamin C and fiber and contain only 45 calories per cup. In terms of antioxidants, cranberries are loaded with this disease-fighting power punch, surpassing nearly every fruit and vegetable.

One cup of whole cranberries has 8,983 total antioxidant packed properties.

So if the health benefits alone weren't enough to entice you into whipping up this gluten free cranberry bread, the ease of the recipe surely will.

Gluten Free Cranberry Bread

Ingredients:

2 cups [gluten free flour](#)
3/4 cup granulated sugar
1/2 teaspoon salt
1/2 teaspoon baking soda
1 1/2 teaspoons baking powder
1 teaspoon xanthan gum
1/2 tsp. cinnamon
1/4 tsp. allspice
1 - 2 Tablespoon(s) orange zest
3/4 cup orange juice, freshly squeezed (you'll have to squeeze real oranges, store-bought will not achieve the right flavor)
1/4 cup butter, melted
2 eggs
1 tsp. vanilla
1 cup whole cranberries, fresh or frozen (if your cranberries are frozen, the bread will take a bit longer to bake)
3/4 cup- 1 cup walnuts chopped, optional (add 3/4 to the batter and another 1/4 cup to the top of the bread before it goes into the oven)

Coarse sugar

Directions:

1. Preheat your oven to 350 degrees. Grease a large loaf pan and set aside.
2. In a large bowl, sift all the dry ingredients and combine them well with a wire whisk. Set aside.
3. In a medium bowl, mix together the orange zest, orange juice, butter, eggs and vanilla.
4. Add all the liquid ingredients to the dry ingredients and mix just until combined. (Using the whisk to mix incorporates the ingredients quickly and easily.)
5. Gently fold in the cranberries and 3/4 cup walnuts, if desired.
6. Pour all the batter into the prepared pan and smooth the top.
7. Top with a sprinkling of coarse sugar and the 1/4 cup extra walnuts.
8. Bake at 350 for 45 minutes. Test with a toothpick to check for doneness.
9. Note: Your bread may take an additional 5 – 10 minutes, depending on if your cranberries were frozen or not.
10. Let the bread cool in the pan for 10 minutes, and then remove it to a wire rack to cool completely.
11. Slices of this bread are excellent just plain or with a smear of strawberry cream cheese sandwiched between two pieces. Yum!
12. Enjoy it!

Lemon Cranberry Muffins



Lemon cranberry muffins are always a delightful treat with their contrasting flavors of sweet mixed with tangy. In light of upcoming spring, these muffins will surely put you in the mood for some warm sunshine with the fresh, tart sensation that lemon cranberry muffins are known for. The best part? They are very easy (only 8 ingredients!) and only take about 40 minutes from start to finish.

Try these muffins when they are fresh out of the oven for a warm, melty treat, or save them for later. Muffins can keep for up to three days on the counter, five days in the refrigerator, and up to four months when sealed in a bag or container and put in the freezer. Muffins freeze really nicely, too, so freezing a batch is great for those days when you just want a little something special.

This recipe is sugar-free as well as being Gluten Free. Instead of sugar, slow-burning maple syrup is used, and the coconut flour helps to add a [certain sweetness to the muffins](#) as well.

A small preliminary note on zesting the lemon: use your zester (or grater) to remove only the very outside, yellow portion of the skin. The white part of the peel is quite bitter and could offset the sweetness of the muffin.

Gluten Free Lemon Cranberry Muffins



Ingredients:

- 1 cup organic cranberries, minced
- 6 eggs
- 1 tsp lemon zest
- 1 Tbsp. lemon juice
- 1/2 cup coconut oil
- 6 Tbsp. maple syrup
- 1/2 cup coconut flour, sifted
- 1/2 tsp baking soda

Directions:

1. Preheat the oven to 350 degrees F and prepare a 12-cup muffin pan with paper liners or by spraying it with non-stick cooking spray.
2. Put the coconut oil in the microwave for about 30–45 seconds to melt it until it is mostly liquid. If you don't want to use a microwave, you can melt the coconut oil on the stovetop just easily.
3. In a medium bowl, combine the eggs, lemon zest, lemon juice, melted coconut oil, and maple syrup and mix everything together well.
4. In another large bowl, mix the sifted coconut flour and baking soda together with a whisk or fork.
5. Slowly add the wet ingredients to the large bowl with the dry ingredients and stir just until the mixture is combined.
6. Gently fold in the cranberries with a rubber spatula. Try to make sure that the cranberries are as evenly distributed as possible to ensure the best muffin-cranberry ratio when they come out of the oven.
7. Spoon out the batter into lined muffin cups, filling them about 3/4 of the way.
8. Bake for 25-30 minutes. Note: Check on them halfway through to make sure that they are not baking unevenly in the oven. Rotate the pan if necessary.
9. When the muffins are done baking, take the tray out of the oven and place it on a wire rack for about five minutes to let them cool a little bit, then remove them from the muffin tray by gently twisting them out and placing them directly on the wire rack to cool the rest of the way. This process will be easier if you have used paper muffin liners.
10. Serve and enjoy.

Sweet and Tempting Gluten Free Pumpkin Scones



Scones are interesting little delights. They are part biscuit, part muffin, maybe part cookie, but either way it all comes to together to form a deliciously light and fluffy treat ultimately called a scone. The possibilities for scones are virtually endless. Because they have a biscuit-like consistence, they adapt very well to adding fruits and nuts. Plus, there's even handy [shortcuts for gluten free scones](#) that will make preparation time a breeze.

But perhaps the best part of the scone is not even in the scone itself – it's in the glazes, frostings, sugar toppings and flavored butters that you make and serve alongside your scones. Sometimes it's the glaze that makes the scone. There have been several times

that one of my gluten free scones just didn't taste right without the flavored butter to serve with it.

This recipe might be the best example of using a glaze that really compliments the scone. Add in the flavored butter and you have a **yummy gluten free scone that will beat all other wheat based ones, hands down.** 

And I must confess, even though pumpkin and autumn go hand in hand, I make these year round – they are too good to wait.

Gluten Free Pumpkin Scones

Ingredients:

2 cups basic [gluten free flour mix](#) (the brown rice option makes a great scone)
7 tablespoons granulated sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 teaspoon pumpkin pie spice
1/2 teaspoon xanthan gum
6 tablespoons cold butter, cut into small cubes
1/2 cup canned pumpkin
3 tablespoons milk
1 egg
Glaze (see below)
Flavored Butter (see below)

Directions:

1. Combine all the first six dry ingredients in the bowl of a food processor and pulse to thoroughly combine.
2. Add in small chunks of butter and pulse mixture until it looks like coarse crumbs.
3. In a medium bowl, combine the pumpkin, milk and egg. Pour this mixture into the dry ingredients and stir just until the mixture comes together to form a dough.
4. Place the mixture into the refrigerator and refrigerate for 1/2 hour.
5. Preheat oven to 425 degrees. Line a baking sheet with parchment paper.
6. Plop the dough onto the parchment paper and pat with a wet hand into a 12" diameter disc. Score the top into 6 or 8 sections.
7. Bake in preheated oven approximately 20 minutes, or until lightly brown.
8. Remove the scones from the oven and cut along score lines with a pizza cutter. Gently slide the parchment paper with the scones onto a rack to cool completely.
9. *Prepare glazes:*
 - a. In a small bowl mix together 1/2 cup powdered sugar and 1 tablespoon milk.

- b. Then in another small bowl, mix together $\frac{1}{2}$ cup powdered sugar, 1 tablespoon milk, and $\frac{1}{2}$ teaspoon pumpkin pie spice.
 - c. When the scones have cooled slightly, brush them with a coating of plain glaze and allow them to dry completely – for about 1 hour. Then drizzle with the spiced glaze.
- 10. Prepare the butter:*
- a. In a small bowl whip $\frac{3}{4}$ cup butter with a fork until light and fluffy.
 - b. Add in $1\frac{1}{2}$ tablespoon pure maple syrup and 1 teaspoon ground cinnamon and mix well.

Serve these incredibly light and delicious scones with the cinnamon maple butter and your guests will be raving about them!

One note from experience: Try to wait the full hour after the first glazing. Otherwise the second glazing will just mix in with the first. Plus, allowing it to dry completely brings out the pizzazz of the spiced glaze.

Gluten Free Chocolate Cookies Santa will Love



Who doesn't love a soft and delicious cookie hot out of the oven to warm them up from winter's cold fingers? Everything grows fuzzy as memories engulf our senses: gooey chunks of chocolate smearing our lips, the smell of brown sugar and butter spreading into circular treats, Mom swatting our paws as we try to swipe one off the cooling racks.

This gluten-free version will satisfy those memories and the sweet tooth you get from them. They might even help you swallow the guilt of telling your kiddos Santa's wheat intolerant so you can enjoy them after they fall asleep.

Gluten Free Chocolate Chip Cookies

Ingredients:

8 ounces unsalted butter
11 ounces brown rice flour, approximately 2 cups
1 1/4 ounces cornstarch, approximately 1/4 cup
1/2 -ounce tapioca flour, approximately 2 tablespoons, check out [this brand](#)
1 teaspoon xanthan gum
1 teaspoon kosher salt
1 teaspoon baking soda
2 ounces sugar, approximately 1/4 cup
10 ounces light brown sugar, approximately 1 1/4 cups
1 whole egg
1 egg yolk
2 tablespoons whole milk
1 1/2 teaspoons vanilla extract
12 ounces semisweet chocolate chips

Directions:

1. Melt the butter and pour it into the bowl of a stand mixer. Add both of the sugars and, with the paddle attachment, cream together on medium speed for 1 minute. Add the vanilla extract, milk, the whole egg, and the egg yolk, and mix until combined.
2. In a separate, medium bowl, sift together the baking soda, salt, xanthan gum, tapioca flour, cornstarch, and rice flour. Slowly add this mixture into the butter mixture until thoroughly combined. Add in the chocolate chips and stir to combine.
3. Chill the dough in the refrigerator for approximately 1 hour.
4. Shape the dough into 2 ounce balls and place on parchment-lined baking sheets. In a 375 degree oven, bake the cookies for 14 minutes. Rotate the pans halfway through baking.
5. Remove from the oven and let cool, first on the pans for 2 minutes and then on a wire rack.
6. Serve a few on a plate along with a cold glass of milk.
7. Enjoy!

Holiday Hangover Buckwheat Pancakes



When it comes to a list of nutritious foods, you don't often see buckwheat on there—but you should.

Buckwheat has been a popular food in Asia, the Middle East, and Europe for thousands of years. It was brought to the United States beginning in the 18th century, and soon after became a popular crop here as well.

Despite the deceiving name, buckwheat is, indeed, gluten free. Buckwheat is actually more closely related to rhubarb than it is to wheat or rye (that being said, if you are on a Gluten Free diet for health reasons, you should take special care when buying buckwheat, because it is often made in facilities that also process wheat products).

Buckwheat can be found throughout the year, and in many different forms. You can get buckwheat in its toasted form, known as kasha. You can find it in its raw form, known as groats. You can find buckwheat in dark milled flour, which is known for its earthy flavor, and in light milled flour, which has a milder flavor.

The list of how buckwheat is good for you could go on and on:

- It has essential and nonessential amino acids, which make proteins. In fact, it is high in all eight amino acids that the body needs.
- It is a better source of protein than millet, rice, and wheat. It has almost as much protein as eggs or milk.
- It is high in antioxidants, which are good for overall health and for preventing cell damage
- It is also high in manganese, zinc, copper, and magnesium, which are good for the immune system.
- It is high in vitamin E, iron, calcium, and potassium.
- It is high in fiber, which is important for healthy digestion and helps make you feel full for a longer period of time. Eating foods high in fiber can even help prevent problems with gallstones.
- It can help to lower blood cholesterol levels.
- It protects against heart disease.
- It is high in magnesium, which improves blood flow and lowers blood pressure, making for a healthier cardiovascular system.
- It is a good food for people with diabetes, since eating it helps to slow down glucose absorption rates after a meal.
- It contains B vitamins, bioflavonoids, ferrum, cuprum, and quertsetin.

There are several different ways to use buckwheat in your everyday cooking. Buckwheat can be mixed in with veggies, pasta, or potatoes to give these foods an extra nutritional boost, and to add a bit of a tasty, nutty flavor. Buckwheat can be found in soba noodles, porridge, and, even in some kinds of beer.

Here is one particularly good use for buckwheat—delicious gluten free pancakes. These pancakes are a great way to feed a crowd, so if you're house happened to be the delegated as the family inn for a special winter day, turn up the griddle and feed them something healthy and delicious!

Buckwheat Pancakes

Ingredients:

1 cup buckwheat flour (available online [here](#))
1 teaspoon baking powder
2 tablespoons sugar
A dash of salt
1 teaspoon xanthan gum
1 egg
1 1/2 cup milk
2 tablespoons melted butter or vegetable oil

Directions:

1. To begin, spray griddle with cooking spray or grease lightly, and preheat to 375 degrees.
2. Combine the dry ingredients.
3. Gently beat the egg, and then add it in to the dry ingredients.
4. Add in milk and butter or oil and mix well.
5. Put approximately 1/4 cup of batter on the hot griddle. Cook until bubbles form. Turn and cook until browned (about 1 to 1 1/2 minutes).

So, if you are looking for a food that is packed with nutrition, vitamins, minerals, and disease fighting properties, besides being tasty in many different forms, you might want to check out buckwheat—despite what others may claim about certain fruits and vegetables, buckwheat might actually be the world's most perfect food.

Ooey Goopy Gluten Free Cinnamon Rolls



Who wouldn't love a nice **cinnamon roll, right out of the oven with a dollop of creamy icing covering the top and dripping down the sides?**  [Tweet](#) This is a perfect way to impress holiday guests and pairs perfectly with coffee.

Unfortunately, if you are looking for a good, gluten free cinnamon roll recipe, you may not find one that gives all that ooey goopy goodness. The dough can either be too dry or too wet and the filling sometimes falls to the bottom of the pan, leaving just a mess.

The problem with many cinnamon roll recipes that are gluten free is the overcompensation of ingredients. So instead of keeping it simple, more “stuff” is added, which just results in a more dense or tasteless cinnamon roll.

The trick is to keep it as simple as possible. Use a simple [gluten free roll](#) recipe to start with and then add the sweetener from there.

Essential tools you'll need:

- Round, glass pie pan, round cake pan or a disposable foil pan
- Stand mixer with paddle attachment AND dough hook
- Plastic wrap

- Rolling pin

Gluten Free Cinnamon Rolls

Roll Ingredients:

2 tablespoons butter
1/4 cup sugar
2/3 cup milk, room temperature (I use 2%)
1 tablespoon yeast
1 egg
1/4 cup canola oil
1 1/2 cup gluten free flour blend (a good one if you don't want to make your own is Bette Hagman's)
1/4 teaspoon xanthan gum
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon vanilla extract

Filling Ingredients:

1 stick melted butter
1 cup brown sugar
1 1/4 teaspoon cinnamon
1/3 cup chopped nuts- optional (I don't add nuts, haven't tried it with nuts)

Icing ingredients:

1/4 cup cream cheese (You can use Neufchatel cheese if you are trying to cut calories)
3 tablespoon milk (I use 2%)
1 1/2 cup powdered sugar

Directions:

1. Preheat oven to 375 degrees. Grease a round glass pie pan or a disposable round pan.
2. In a medium bowl, combine the butter and sugar. Mix well. Measure warm milk and add yeast to milk. Whisk well to fully dissolve.
3. Add milk/yeast to sugar mixture. Add the remaining ingredients. Mix very well, being sure to remove all lumps. I recommend starting with a regular mixing blade and switching to a dough hook for the last of the mixing. Dough will be quite soft and fluffy.
4. Take a piece of plastic wrap and lay it out so it covers a 13.5" x 13.5" square. Sprinkle sugar on the wrap. Lay the ball of dough on top of the wrap. Then pull out another sheet of wrap and gently lay it over the dough. Pat the dough down into a roughly square size pancake. Lift the top wrap up and then reposition it.

5. Using a rolling pin to roll out the dough in between the two layers of wrap (make sure to keep it between the wrap, it is really, really sticky!). You should finish with an approximately 13.5" x 13.5" square piece of dough.
6. Combine filling ingredients. Remove the top piece of wrap. Spread the filling evenly across the dough's surface.
7. Use the bottom piece of wrap to lift the edge of the dough and start to roll it up forming a long cylinder. Start with the sugary edge, which will be the center of your roll and roll towards the sugarless edge. Cut off or trim up the irregular ends of your "log". Then cut into 8 or 9 slices of similar size.
8. Place rolls in a greased round glass pie pan. You can freeze these rolls at this point before baking. Just use a foil pan instead and cover it tightly. When you are ready to bake them, defrost and then warm to room temperature before baking.
9. Bake approximately 20 minutes (from room temperature) until the tops are lightly golden brown.
10. Combine the icing ingredients and ice the rolls when they come out of the oven so the icing can melt around the rolls.

These rolls are amazing!

Word of warning though – the number that you cut will be the number of rolls you have. It won't nearly be enough! After just one, you might get requests to make more batches.

Substitutions for Xanthan Gum in Baking



For the majority of people within the Gluten Free baking community, xanthan gum is the holy grail of baking. It's easily the most popular binding agent and most Gluten Free recipes feature it as a crucial ingredient.

However, recently, there has been some controversy surrounding xanthan gum as it appears to cause allergy-like symptoms in certain individuals. Add that to the fact that it's highly processed, its use is being viewed as contradictory to the healthy and holistic approach that is sometimes embraced by Gluten Free bakers.

So it leaves us with a problem or perhaps a challenge. Are there alternatives to xanthan and if so, how can you use them in your baking to perhaps avoid the negative health effects that using xanthan may bring? We'll look at some alternatives in this article.

Chia Seeds

Chia seeds are an excellent binding agent and can absorb up to 12 times their own weight in water. They form a gel-like substance which improves the consistency of dough and locks in moisture when baking breads, pastries and cakes.

They can be ground, although this is not necessary for the binding effect to take place. Chia seeds are also extremely high in fiber and can have a laxative effect. They are popular [replacements for xanthan gum](#) because while they have a nutty flavor, it's mild and tends not to interfere with the flavor of the baked goods they are added to.

Substituting xanthan for these is simple as you use a 1:1 ratio. Just use the same amount of chia (in weight) as you would xanthan and you're all set!

Psyllium Husk

Psyllium husk or psyllium fibre is a relatively new binding agent which is typically used as a xanthan substitute in breads. It has been scientifically proven to improve the structure of Gluten Free dough and improve the texture, volume and rising of gluten free baked bread.

It is typically found as a dietary fibre supplement in most health stores and is used by athletes to lower cholesterol. A 5% psyllium fibre flour mix is best for baking breads (1 part psyllium to 19 parts of flour).

Konjac Powder

Also known as Glucomannan powder, Konjac powder is ground up konjac root which has been used in Asia as a dietary fiber for several hundreds of years. Like Psyllium fiber, it is used as a supplementary source of fiber as well as a thickener.

Its high fiber content lends it numerous health benefits which include the reduction of blood cholesterol and a lower bowel cancer risk. It also helps control blood sugar levels but its binding properties are most relevant for our purposes.

When used in baking, you can use the same amount of Konjac powder as you would xanthan gum (1/2 teaspoon per cup of flour for cakes and breads). For other baked goods like flatbreads or tortillas, you can increase the amount of Konjac you use to 3/4 teaspoon per cup of flour to get the desired consistency.

Flax Seeds

Flaxseeds are extremely popular in baking and also as a health supplement (flaxseed oil). They are a great binding agent and are easily found (because of their popularity). On top of all this, they are cheap to buy!

In their natural form, flaxseeds are not very useful as a binding agent. They have to be [ground first and then mixed with hot water](#). The water has to be boiled first and then mixed with the flax to form a gel like paste known as 'slurry' which is then added to gluten free flour for baking breads and cakes.

For substitution, use the same weight of ground flax as you would xanthan gum. Then mix it in twice the amount of water (2 tbsp. of ground flax mixed with 4 tbsp. of hot boiling water).

Agar Agar

Agar Agar is a seaweed derivative which acts as a stabilizer, thickener and binding agent. It, like the other above mentioned agents, forms a gel-like paste when mixed with

water. It is a popular vegan alternative to gelatin (another binding agent derived from animals) with excellent moisture retention properties.

It makes dough stretchy and elastic while making breads chewier. It's recommended that you exercise restraint when using agar agar as it can retain so much moisture that breads and cakes end up soggy.

It's worth noting that agar agar can be fairly pricey and a little difficult to find locally, so the [internet is usually the best place to go](#). That said, it works a treat in baking because it has no odor, color or taste.

Agar agar is 80% fiber so it CAN have a laxative effect if too much is used. To use agar, you need to dissolve it in water first. Once it's dissolved, you need to boil it (1-5 minutes for powder and 10-15 minutes for flakes).

There are numerous other substitutes for xanthan gum but these we feel, are the most versatile.

Did you enjoy this collection of recipes? If so, will you share it with your friends too?

