BAKING ALTERNATIVES FOR THE SIX-FOOD ELIMINATION DIET

WHEAT FLOUR

<u>Flour Recipe</u> *(*Recipe from Dealing with Food Allergies by Janice Vickerstaff Joneja, PhD, RD)*

½ cup heavy flour
¼ cup light four
¼ cup intermediate flour

- Substitute in recipes in 1:1 ratio

Light flours	Intermediate Flours	Heavy Flours
Tapioca	Potato	Buckwheat
Arrowroot	Teff	Millet
Sago	Brown Rice	Amaranth
White rice		Chickpea
		Quinoa

Use xanthan gum or guar gum while baking with wheat-free flour mixture to help stabilize and bind the dough/product. When replacing xanthan gum with guar gum in a recipe, add 1½ times the amount *From Bob's Red Mill*. Reduce oven temperature by 25° and bake for a bit longer.

While making:	Add below amount of xanthan for each 1 cup flour mixture *From Bob's Red Mill*
Cookies	¼ tsp
Muffins & quick breads	¾ tsp
Cake	½ tsp
Bread	1-1 ½ tsp
Pizza	2 tsp

Commercially prepared wheat-free flour mixes such as:
- Bob's Red Mill
- Pocono Buckwheat Flour
- Namaste Foods

EGG AND BUTTER

Each example may be substituted for 1 egg.

To use as a binding agent
- ¼ cup fruit puree
- 1 Tablespoon ground flaxseeds plus 3 Tablespoons warm water (let stand to thicken before use)
- 1 packet gelatin plus 2 Tablespoons water (don't mix until ready)
  * From the Food Allergy & Anaphylaxis Network

To use as a leavening agent
- Commercial egg replacers such as Ener-G egg replacer®
- 1 Tablespoon baking powder plus 1 Tablespoon liquid plus 1 Tablespoon vinegar
- 1 teaspoon yeast dissolved in 1/4 cup warm water
- 1 ½ Tablespoons water plus 1 ½ Tablespoons oil plus 1 teaspoon baking powder
  * Above recipes from the Food Allergy & Anaphylaxis Network

Butter
- Dairy free margarine (also avoid margarine that contains expeller pressed, cold pressed or extruded soy oil)
  o For use in baking, look for margarines with a high fat content and low water content such a Earth Balance soy free margarine
- Coconut butter
- Spectrum Naturals Organic All Vegetable Shortening