

Gluten-Free Baking with Xanthan Gum and Guar Gum



Xanthan Gum

Classified as type of carbohydrate known as a polysaccharide, xanthan gum is produced through fermentation, by adding a bacteria strain (*Xanthomonas campestris*) to glucose or sucrose, turning it into gum. It is considered useful because of its thickening, stabilizing, and emulsifying properties, greatly improving the texture of our gluten-free baked foods. Without it, they would be crumbly.

Guar Gum

Guar gum is a natural food thickener and is popularly found in products such as puddings and ice creams. Guar gum comes from the guar plant, also known as a cluster plant, which is found mostly in Pakistan and northern India.

Use

½ tsp xanthan or guar gum per 1 c flour blend for cakes, bars, cookies, muffins, and quick breads

1 tsp xanthan gum or guar gum per 1 c flour blend for yeast bread, pizza dough, or other baked items containing yeast

Note: Some flour blends already contain xanthan gum or guar gum, so read labels carefully to ensure you don't add these ingredients when they're not necessary.

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