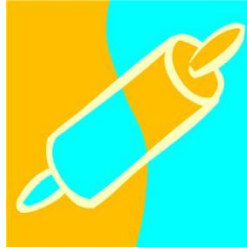


Gluten-Free Flour Guide



Celiac patients have a wide variety of gluten-free flours to choose from. With some time and experience, you'll find the right flours for your gluten-free baking needs.

- Garbanzo bean flour: Doesn't seem to get the best feedback.
- Pamela's Ultimate Baking and Pancake Mix: One of the most popular GF flours.
- Jules Gluten Free flour: Can be used cup for cup.
- GF Pantry All Purpose Flour
- Bette Hagman's Gourmet Featherlight Rice Flour Blend: Packaged by Authentic Foods and requires xanthan gum.
- Betty Crocker Gluten Free cookie and brownie mixes
- Bette Hagman's Gluten Free Gourmet Blend from EnerG
- Beth's All Purpose GF Flour
- Mr. Ritt's Gluten Free Bakery flour
- Bob's Red Mill: Another popular GF flour.
- Gluten-free MaMa: An almond-based flour.
- Domata Living Flour: Can be used cup for cup.
- Gifts of Nature All Purpose Gluten-Free Blend
- Authentic Foods GF Classic Blend
- Meister's Gluten Free Flour
- Cream Hill Estates Lara's Whole Grain Oat Flour
- Ener-G Foods Tapioca Flour
- Better Batter Gluten-Free Flour
- Carol Fenster's New Flour Blend (<http://glutenfree.wordpress.com/my-gf-flour-blend/carol-fensters-new-flour-blend>)
- Gluten Free Naturals: Offers several baking flours and mixes
- Pure Pantry
- 1-2-3 Gluten Free

**Tina Turbin, Founder of <http://GlutenFreeHelp.info>
Your Dependable Celiac and Gluten-Free Resource Guide**

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