

# Tina's Gluten-Free Baking Notes



## Baking Ideas

- Add seeds (sesame, poppy, sunflower, etc.)
- Add more baking soda
- Add bean flours for protein (add ¼ to ½ cup bean flour to a 3- or 4-cup recipe)
- When adding teff flour (light or dark), increase the yeast a bit.
- If recipe calls for two eggs, take 1 tbsp golden flax seed, grind it, add to 2 tbsp warm water, and allow it to thicken. This will thicken your gluten-free baked goods.
- Flaxseed meal increases fiber content in recipes. Celiacs should slowly build up to 25-30 grams of fiber daily. You can make flaxseed meal on your own at home using a small coffee grinder.
- For a cake, baking powder and baking soda should possibly be doubled when you convert a standard recipe to a gluten-free recipe
- Double your vanilla

## Sugar Conversion

Here are some ideas for substituting sugar in gluten-free recipes:

- Agave is good for baking. For 1 cup sugar, use ¾ c agave. For 1 c honey, use 3/4c agave.
- Add vanilla
- Date sugar (½ the sugar requirement) and liquid date sugar
- Yacon syrup (low-glycemic and high in iron)
- Stevia (be sure to purchase only green stevia) is 30 times sweeter powdered

## Grains I Recommend

You should rotate grains and supplement with vitamins, minerals, and especially calcium.

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|-------------------------|--------------|
| ▪ Amaranth              | ▪ Quinoa     |
| ▪ Teff                  | ▪ Buckwheat  |
| ▪ Ground flax add water | ▪ Sorghum    |
| ▪ Millet                | ▪ Brown rice |

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

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