



Gluten-Free Bread Flour Blend

Recipe from The Flour Farm



Ingredients



- 3 cups + 2 T. Super fine white rice flour (430 g.)
- 1 ½ cup Flour Farm Organic Gluten Free Flour Blend (162 g.)
- ½ cup Tapioca Flour (65 g.)
- ½ cup Potato Starch (85 g.)
- ½ cup nonfat dry milk powder (78 g.) may omit it need dairy free
- 1 ¼ t. Xanthan gum (4 g.)
- 1 t. Guar Gum (3.5 g)



Directions



- Whisk all ingredients together and store in airtight container away from the heat and light for up to 6 months.



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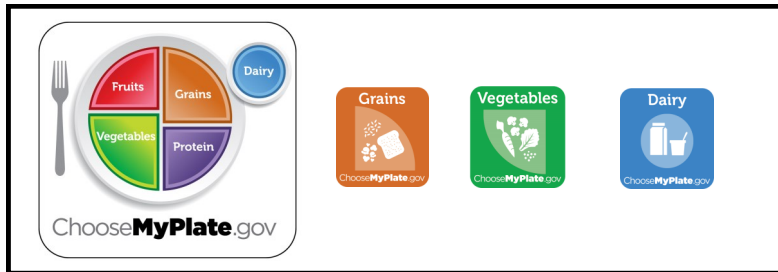
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Fast Facts



Featured Food Groups



Cooking Tips



- Want a dairy free version? Omit the powdered milk.

Nutrition Facts

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

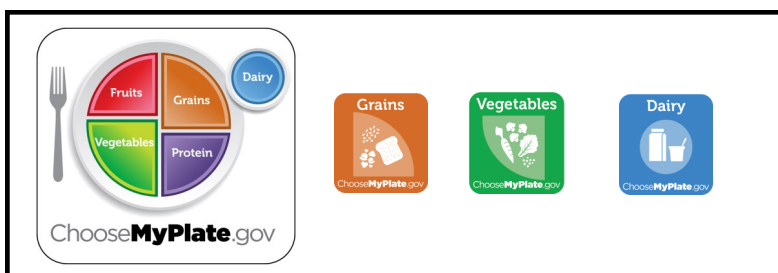
Second Harvest is an equal opportunity provider.



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