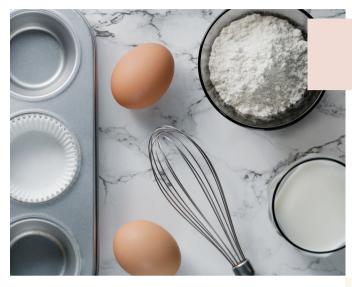
Gluten-Free alternatives

## MY FAVORITE GLUTEN-FREE GO-TOS



## **BAKING FLOUR**

Almond Flour - light texture that is great for baking and frying - substitute 1:1

Oat Flour - dense, soft texture that is great for baking - substitute 1:1

Gluten-free Baking Mix - pre-mixed blend of gluten-free flours - substitute 1:1 in most cases \*My fav is Trader Joe's Gluten-Free All Purpose Flour

## **PANTRY STAPLES**

Organic Gluten-free Oats Gluten-free Bread \*My fav is Trader Joe's or Canyon Bakehouse brand

Gluten-free Pasta \*My fav is Jovial or Trader Joe's brand

Quinoa

Organic Brown Rice





## SNACKS

Gluten-free Crackers \*My fav is Van's brand

Gluten-free Pretzels \*My fav is Snack Factory Pretzel Chips

Organic Corn Tortilla Chips or Grain-Free Chips \*My fav is Siete brand

Organic Popcorn, Nuts, and Seeds