

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

