



Gluten-Free Cooking & Baking

Flour Substitutions

Almond Flour	Good for cakes, cookies, and quick breads. Use a 1:1 ratio with wheat flour in some recipes, but may require more binding agents (eggs or xanthan gum).
Rice Flour (White or Brown)	Best used in blends. White rice flour is lighter, while brown rice flour adds a nutty flavor. Good for thickening sauces.
Tapioca Starch/Flour	Adds chewiness and is great for binding. Use in smaller quantities in combination with other flours.
Potato Starch	Adds moisture and lightness. Works well in cakes and cookies.
Oat Flour (Certified Gluten-Free)	Adds a slightly nutty flavor and can be used in muffins, breads, and pancakes. Ensure it's certified gluten-free.
Sorghum Flour	Mild flavor, good for blending in gluten-free flour mixes. Works well in pancakes and flatbreads.

Binding Agents

Xanthan Gum	Commonly used to add elasticity and structure to gluten-free baked goods. Use sparingly, typically ¼ - ½ teaspoon per cup of flour.
Chia Seeds/Flax Seeds (Ground)	When mixed with water, they create a gel that acts as a binder. Use 1 tablespoon of ground seeds mixed with 3 tablespoons of water per egg replacement.
Psyllium Husk	Adds fiber and helps bind ingredients, improving texture. Use 1-2 teaspoons per cup of flour.

Tips for Gluten-Free Baking

- Blend different gluten-free flours for better results.
- Add extra moisture (liquid) to compensate for the dryness of gluten-free flours.
- Let the batter rest for about 20-30 minutes to allow the flours to fully hydrate.
- Use room-temperature ingredients for better emulsification.
- Avoid overmixing to prevent a tough texture.

Vegan Cooking & Baking

Egg Replacers

Flax Egg	Mix 1 tablespoon of ground flaxseed with 3 tablespoons of water. Let it sit for 5 minutes until it thickens. Good for cookies, muffins, and cakes.
Chia Seed Egg	Mix 1 tablespoon of chia seeds with 3 tablespoons of water. Let it sit for 5 minutes until it thickens. Works similarly to flax eggs.
Mashed Banana	Use ½ mashed banana per egg. Adds moisture and sweetness. Best for muffins and cakes.
Applesauce	Use ¼ cup of applesauce per egg. Adds moisture. Works well in cakes and muffins.
Aquafaba	The liquid from canned chickpeas. Use 3 tablespoons per egg. Can be whipped into meringue.
Commercial Egg Replacers	Follow package instructions. Often a blend of starches and gums.

Dairy Substitutions

Plant-Based Milks	Almond, soy, oat, coconut, and cashew milk can replace dairy milk in most recipes. Choose unsweetened varieties for savory dishes.
Vegan Butter	Available in stick or tub form. Look for brands with a high fat content for better baking results.
Coconut Cream	Refrigerate a can of full-fat coconut milk, then scoop out the thick cream. Can be whipped for frosting or used in sauces.
Vegan Yogurt	Soy, coconut, or almond-based yogurt can be used in baking and cooking.

Tips for Vegan Baking

- Use ripe bananas for natural sweetness and moisture.
- Add a pinch of baking soda to react with acidic ingredients like applesauce for better leavening.
- Don't overmix vegan batters, as they can become dense.
- Experiment with different plant-based milks to find your favorite flavor.

Keto Cooking & Baking

Flour Alternatives

Almond Flour	A staple in keto baking. Made from blanched almonds, it's low in carbs and high in fat. Use in a 1:1 ratio with wheat flour, but may require more liquid.
Coconut Flour	Very absorbent, so use sparingly and increase liquid. Typically requires more eggs to bind. Use about ¼ to ½ cup coconut flour for every 1 cup of almond flour.
Flaxseed Meal	Can be used as a binder and adds fiber. Use ground flaxseed meal. Also can be used as egg replacement.
Psyllium Husk Powder	Excellent for binding and adding a bread-like texture. Use sparingly, as it's very absorbent.

Sweeteners

Erythritol	A sugar alcohol with very few calories and a minimal effect on blood sugar. Often combined with other sweeteners.
Stevia	A natural, zero-calorie sweetener derived from the stevia plant. Can have a slightly bitter aftertaste.
Monk Fruit	A natural sweetener with zero calories and no impact on blood sugar. Often blended with erythritol.
Xylitol	Another sugar alcohol, but toxic to pets. Use with caution if you have pets.
Allulose	A rare sugar that doesn't raise blood sugar levels. Has a slightly different texture than other sweeteners.

Tips for Keto Baking

- Avoid overbaking, as keto baked goods can dry out quickly.
- Use full-fat ingredients for moisture and flavor.
- Be mindful of hidden carbs in ingredients like chocolate and nuts.
- Consider adding flavor extracts (vanilla, almond, etc.) to enhance sweetness without adding carbs.

Paleo Cooking & Baking

Allowed Flours

Almond Flour	A great choice for paleo baking due to its low carb content and nutty flavor. Use in cookies, cakes, and muffins.
Coconut Flour	Another paleo-friendly option, but it's very absorbent. Combine with other flours and increase liquid content in recipes.
Tapioca Flour/Starch	Used as a thickener or binder. Use sparingly, as it's higher in carbohydrates than almond or coconut flour.
Arrowroot Flour/Starch	Similar to tapioca flour and can be used as a thickener or binder.

Sweeteners

Honey	A natural sweetener that adds moisture and flavor. Use in moderation due to its high sugar content.
Maple Syrup	Another natural sweetener, but use pure maple syrup (not pancake syrup). Use in moderation.
Coconut Sugar	Has a lower glycemic index than refined sugar, but still use in moderation.
Dates (Medjool)	Can be used as a sweetener and binder. Blend into a paste for best results.

Tips for Paleo Baking

- Focus on whole, unprocessed ingredients.
- Be mindful of added sugars, even in natural sweeteners.
- Use nut butters for added fat and flavor.
- Consider adding spices like cinnamon, nutmeg, and ginger for extra flavor and sweetness.