



Gluten-Free Gourmet

Lately we hear a lot about gluten sensitivity. Fortunately, life without gluten can be healthy and delicious! Here are some tips for going gluten-free without sacrificing flavor.

1. Choose crackers and baked goods with multiple grains (almond, rice, tapioca, amaranth, quinoa, coconut, etc.). The blend lends a hearty taste.
2. When baking cakes and breads, add a half-teaspoon of xanthan gum per cup of GF flour. Lower the temperature 25° and use 25% more leavening.
3. Try lettuce wraps instead of bread and flour tortillas. You'll get the crunch without the calories or gluten.
4. Traditional soy sauce is made with wheat. For Asian dishes, switch to fish sauce, tamari, or coconut aminos.
5. For creamy soups and sauces, swap flour with corn starch or arrowroot flour.

Eat Healthy. Be Happy.

864.578.0446 ■ 3769 Parris Bridge Road, Boiling Springs, SC 29316 ■ BelueFarms.com