

Free sample recipe from The Sneaky Chef  
<http://www.thesneakychef.com>



### **GLUTEN-FREE FLOUR BLEND**

Parents of kids with food allergies carry a special burden. Even schools are becoming more alert to food allergy issues and are learning to change lunch room and classroom snack policies, and parents of kids without allergies are paying attention to what they serve a group of children. Even so, many kids are reluctant to stand out from the crowd and say, “I can’t eat that,” when everyone around them is digging in, making Mom and Dad the watchdogs. Many readers have told me that they feel like they’re constantly on high-alert because so much is at stake. With all of this going on, I felt compelled to develop a delicious gluten-free flour blend and to use it in kids favorite recipes.

### **GLUTEN-FREE FLOUR BLEND**

2 cups rice flour (ideally “brown rice flour”)  
2/3 cup potato starch (not “potato flour”)  
1/3 cup tapioca flour (or tapioca starch)  
1 teaspoon xanthan gum

Combine all ingredients in a bowl. This blend can be stored in a sealed, labeled plastic bag in the refrigerator for months.

Note: most of the gluten-free ingredients in this chapter can be found at Whole Foods Market or on Amazon.com

*GF Flour Blend is used in the following recipes:*

Gluten-Free Pancakes  
Gluten-Free Chocolate Chip Cookies  
Gluten-Free Brownies  
Gluten-Free Peanut Butter Cookies

### **Nutritional Information**

**Per Serving (3 cups, 462g):** Calories 1727; Total Fat 4.9g; Fiber 14.3g; Total Carbohydrates 386.9g; Sugars 4.1g; Protein 26.2g; Sodium 63mg; Cholesterol 0mg; Calcium 101mg.

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