

# Cup for Cup, gum free all-purpose flour \*GF

Number of Servings: 1 cup

## Ingredients

66g or 1/2 cup brown rice flour\*

32g or 1/4 cup white rice flour\*

32g or 1/4 cup tapioca starch

1/4 tsp guar gum (optional)

\*For cakes and cookies, if you can find superfine brown and white rice flour it is ground to have zero grit which improves the texture of your baked goods.

Some recipes benefit from adding guar or xanthan gum like pie dough and it also can help cookies not spread out too much. The general rule is 1/4 tsp per cup, but I usually try without it first to see if I can get away with not using.

You can sub the brown rice flour with oat or buckwheat flour in cookies as both these flours tend to have more structure and can be used without gums.

## Instructions

For a recipe that calls for 1 cup of all-purpose flour, sub with this blend. As with all recipes, you may need to add more or less flour until you get the right results.

For cakes adding 1 Tbsp of organic corn starch per each cup of flour blend needed can help create a more tender crumb.