

9 Tips for Flourless Baking

The key to flourless baking is to experiment with different ingredients or amounts to get the flavor and texture you want. Flour, when used in baking, adds body, structure, texture and flavor to baked goods. It acts as a binder, attaching ingredients together. If removed, flour has to be replaced by something else.

Here are some tips to help achieve better baking results when going flourless.

1. To increase the nutrition value, substitute up to 1/4 cup ground flaxseeds plus 1/4 cup water for 1/4 cup flour in a recipe (flax will absorb more moisture).
2. To add more moisture to your recipe, add gelatin, extra egg or oil. Honey or rice malt syrup helps retain moisture.
3. Substitute brown sugar for white for more moisture.
4. To enhance the flavor of flourless foods, add chocolate chips, dried fruits or nuts and double the amount of spices called for.
5. For better structure, add dry milk solids or cottage cheese to the recipe. Replace evaporated milk for regular milk.
6. Add extra egg or egg whites if your recipe is too crumbly.
7. Don't overbeat since the kneading time is shorter with no gluten to develop.

8. You can use ground Rolled Oats in place of flour. It offers a nutty taste and course texture. Use 1 cup of oats for every 1 cup of all-purpose flour. You may also need to add 1 or 2 teaspoons of baking powder or soda, per cup of oats.

9. Eggs can replace many functions of gluten such as binding enhancing texture setting the structure of the recipe. Two other starch-based products you can use to bind and thicken are guar gum and xanthan gum. They are interchangeable and used in small amounts.

Still not sure what to do with your new found ingredients?

[30 Dinner & Dessert Recipes Without Wheat & Flour](#) will give you more than 30 recipes that are tried and true and use no flour! These recipes are great for those trying to eliminate wheat flours, reduce their carb load and learn to live with diabetes.

You'll also get a pantry list and ingredient substitutions along with the dinner and dessert recipes!

