

Gluten-Free Substitutes for Cooking & Baking

INGREDIENT	SUBSTITUTE
 All purpose flour	Almond • Oat • Rice • Coconut • GF flour blends
 Breadcrumbs	GF breadcrumbs • Crushed GF crackers • Ground oats
 Pasta	Rice pasta • Quinoa pasta • Chickpea pasta • Lentil pasta
 Soy sauce	Tamari • Coconut aminos
 Couscous/Bulgar	Quinoa • Millet • Rice
 Roux/Thickener	Cornstarch • Arrowroot • Potato starch
 Crackers/Snacks	GF crackers • Rice cakes • Nut crackers