

# BUILDING A GLUTEN FREE PANTRY

**Often gluten free baking is made out to be so much harder than it needs to be.**

This often comes down to a recipe calling for the oddest selection of ingredients! (hello golden flaxseed flour I'm lookin' at you).

It's such a waste though, to buy a big bag of something that's just going to sit in the back of your pantry and barely get used.

**Well, no more I say.**

Below is my quick and easy guide to building a gluten free pantry at home. These are all the ingredients that I keep on hand and use regularly. They are simple ingredients that you'll always use, can easily find and work like a charm in an assortment of recipes. Best yet, this page is designed to be printed! So print it off, take it the shops or keep it pinned up inside your pantry door.

## *Dry Staples*

- Plain Gluten Free Flour (one basic, Well and Good)
- Plain Gluten Free Flour (one for cakes, Bobs Red)
- Self Raising Gluten Free Flour (basic)
- White Rice flour - superfine milled
- Xanthan Gum
- Bicarbonate of Soda
- Baking Powder - check it's gluten free
- Caster Sugar
- Brown Sugar
- Icing Sugar (CSR is GF)
- Dutch Processed Cocoa Powder
- Custard Powder - white wings is GF
- Desiccated Coconut
- Salt
- Milk/Dark/White Chocolate bits/melts or chunks
- Assorted Spices
  - Cinnamon
  - Cardamom
  - Ginger
  - Nutmeg
  - Mixed Spice
  - All Spice

## *Wet/Cold*

- Vanilla Extract - liquid or bean paste
- Vegetable Oil/Olive Oil
- Golden Syrup
- Honey
- Coconut Oil
- Large Eggs (700 grams)
- Salted Butter
- Unsalted Butter
- Full Cream Milk
- For Dairy free
  - Nuttelex
  - Coconut Milk UHT

## *Optional extras*

- Plain GF biscuits - Arrowroot for example
- Simply Wize GF Crusty Bread mix
- Almond meal
- Hazelnut meal