

Gluten Free Cookie Flour Blend

5 Tips For Gluten Free Cookies

Cookies are high in sugar and fat plus their short cooking time doesn't allow time for the gluten free flours to absorb all the liquid.

1. Start with recipes that are written with gluten free ingredients. Pass over recipes that require several substitutions for your diet. Not all of them will work perfectly but this will increase your chance of success.
2. Brown rice flour and almond flour work well in cookies.
3. You can make excellent cookies with more than one combination of gluten free flours. There's no perfect flour recipe but many excellent options. Pay attention to what works.
4. If you like experimenting try this cookie flour blend.
5. Precise measuring is important for baking.

Cookie Flour Blend ~ 1¼ cups

⅔ cup brown rice flour (90g)
¼ cup almond flour (25g)
3 Tbsp potato starch (30g)
1 Tbsp + 2 tsp tapioca starch (15g)
¼ tsp xanthan gum

Cookie Flour Blend ~ 2½ cups

1⅓ cup brown rice flour (178g)
½ cup almond flour (50g)
6 Tbsp potato starch (60g)
3 Tbsp + 1 tsp tapioca starch (30g)
½ tsp xanthan gum

Cookie Flour Blend ~ 5 cups

2⅔ cup brown rice flour (355g)
1 cup almond flour (100g)
¾ cup potato starch (120g)
6 Tbsp + 2 tsp tapioca starch (60g)
1 tsp xanthan gum

1 cup cookie flour blend = 130 g