

BETTER BAKING

Level up your baking with a variety of alternative flours

Once considered trendy, grain- and gluten-free food has officially moved into the truly healthy column. And while you can now find an array of gluten-free baked goods in most supermarkets, they are often crazy expensive and, like their conventional counterparts, lack that special homemade *je ne sais quoi*. But thanks to a wide variety of alternative flours, you can get that home-baked goodness right in your own kitchen! Check out these easy recipes that can get you started.

Glazed Lemon-Blueberry Scones

SERVES 8

These delicious scones are grain-free, gluten-free, and dairy-free. Bursting with flavor and wonderfully moist, they make the perfect afternoon treat when paired with a cup of tea.

- 2 cups almond flour**
- ½ cup arrowroot flour**
- ⅓ cup coconut sugar**
- 2 teaspoons aluminum-free baking powder**
- ⅓ teaspoon sea salt**
- 2 eggs**
- 2 tablespoons fresh lemon juice**
- 2 teaspoons lemon zest**
- 3 tablespoons coconut oil, chilled**
- 1 cup fresh blueberries**

For Lemon Glaze

- ½ cup confectioner's sugar**
- 1 tablespoon lemon juice**
- 1 teaspoon lemon zest**
- ½ teaspoon vanilla extract**

- 1** Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
- 2** In a large bowl, mix together all the dry ingredients. Make a well in the center of the flour mixture and whisk in the eggs, lemon juice, and zest until well-combined.
- 3** Add the chilled coconut oil and, using a pastry cutter or two butter knives, “cut” the mixture until the oil is evenly distributed.

- 4** Gently fold in the blueberries. Cover with plastic wrap and chill for 30 minutes.
- 5** Remove from the refrigerator and transfer the dough to the prepared baking sheet. Form the dough into a disk about 7 inches in diameter.
- 6** Cut into 8 even triangles, then bake for 22-24 minutes or until the edges are golden and the dough is dry to the touch.
- 7** Remove from the oven and recut the scones if needed. Cool for 20 minutes.
- 8** While the scones are cooling, whisk together the ingredients for the glaze in a small bowl. Once the scones are cool, drizzle with the glaze. Serve immediately or store in a covered container.

Per serving: Calories 312; Total Fat 20g; Carbs 30g; Protein 7g; Sodium 127mg; Sugar 14g



Better Banana Bread

SERVES 12

Don't toss those overly ripe bananas! Save them for this amazing banana bread with all the goodness and none of the gluten. You can either use commercially available gluten-free flour or whip up a batch of our all-purpose paleo flour blend.

- 2 cups gluten-free flour**
- 4-5 very ripe bananas, peeled and mashed**
- ½ cup xylitol or Swerve**
- ½ cup butter, softened**
- 2 eggs**
- 2 tablespoons milk or milk alternative**
- 1 teaspoon aluminum-free baking powder**
- 1 teaspoon baking soda**
- ¼ teaspoon salt**
- 1 cup chocolate chips**

- 1 Preheat oven to 350°F. Lightly grease a 9x5-inch loaf pan. Set aside.
- 2 In a large bowl, combine the flour, baking powder, baking soda, and salt. Set aside.
- 3 In a separate bowl, cream together the butter and sugar. Stir in the eggs, vanilla, and bananas, mixing until well-blended.
- 4 Stir the banana mixture and chocolate chips into the flour mixture until just moist.
- 5 Scoop the batter into the loaf pan and bake for 50-55 minutes or until a toothpick inserted into the center comes out clean.
- 6 Let the bread cool in the pan for 15 minutes, then turn out onto a wire rack and allow to cool completely. Slice and serve.

Per serving: Calories 252; Total Fat 11g; Carbs 37g; Protein 5g; Sodium 225mg; Sugar 19g

Craveable Cassava Brownies

SERVES 16

Grain-free, gluten-free, and decadently fudgy. What's not to love?

- ¼ cup unsweetened cocoa powder**
- ⅓ cup plus 1 tablespoon cassava flour**
- ½ teaspoon salt**
- ¼ teaspoon baking soda**
- 1 cup semi-sweet chocolate chips, divided**
- ½ cup unsalted butter or ghee**
- ¾ cup coconut sugar or xylitol**
- 2 large eggs**
- 2 teaspoons vanilla extract**

- 1 Preheat the oven to 350°F. Line an 8x8-inch baking pan with parchment paper and set aside.
- 2 Combine dry ingredients in a medium bowl and set aside.
- 3 In a medium saucepan or double-boiler, mix together ⅔ cup of the chocolate chips with the butter, whisking until the chocolate has melted and is smooth. Allow the mixture to cool slightly and whisk in the sugar. Add the eggs and vanilla, and whisk until combined.
- 4 Pour the chocolate mixture into a large bowl. Add the dry ingredients.

Using a spatula, mix until combined. Fold in the remaining chocolate chips.

- 5 Transfer the batter to the prepared pan and spread it into all four corners.
- 6 Bake for 18-22 minutes.
- 7 Allow to cool for about 45 minutes. Lift the parchment paper and set the brownies on a cutting board. Using a sharp knife, cut into 16 squares.

Per serving: Calories 242; Total Fat 19g; Carbs 19g; Protein 1g; Sodium 102mg; Sugar 13g



All-Purpose Gluten-Free Flour Blend

MAKES 4 CUPS

This grain- and gluten-free blend can be used cup for cup as a substitute for regular all-purpose flour in both sweet and savory recipes. Best of all, with just four ingredients, this alternative flour is healthy and economical!

- 2 cups almond flour**
- 1 cup arrowroot flour**
- ½ cup coconut flour**
- ½ cup tapioca flour/starch**

- 1 Sift the almond flour until no lumps remain.
- 2 Combine all the ingredients together in a large bowl, whisking well.
- 3 Store in an airtight container.

Per batch: Calories 544; Total Fat 29g; Carbs 61g; Protein 14g; Sodium 32mg; Sugar 3g

