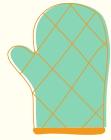


*Quick & easy*

# Ideas for Wheat Substitutes



## **#1. When Baking...**

Use Xanthan Gum with your gluten free flour to enhance the texture so that the finished product is less crumbly.



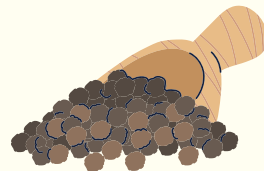
## **#2. All Gluten Free Flours...**

like rice flour, polenta, buckwheat, corn flour, arrowroot, and potato flour are naturally gluten free so are suitable for coeliac.



## **#3. Rice Noodles ...**

are a good substitute for pasta.



## **#4. Good Alternatives to grains are...**

Quinoa, millet, amaranth, and rice.



## **#5. Ground Almonds are...**

a great source that works well in biscuits, cakes, breads & doughs.