



EVERYDAY FLOUR MIX:

270g white rice flour
180g cornflour (maize)
135g ground almonds
40g instant fine polenta
2 ¼ level tsp guar gum
Makes 630g flour mix (approx)

Mix all the flours together thoroughly or you can put them into a food processor and pulse to mix. Store in an airtight container. Feel free to make a larger batch for later use.

This flour blend is the base used for many of the recipes on the website. Cakes, scones, slices, biscuits, pastry and some breads. For other breads specific flours are used in the recipes.

This base mix already contains guar gum (the binding agent) however, you will find some recipes will add a little extra gum along with one or two added flours for the best outcome of texture, taste and success.