

High Protein Gluten-Free Flour Mix

Season: All

Makes: 3 cups

Recipe source: Tony Chiodo, Delightfully Gluten Free with Tony Chiodo workshop

Equipment:

metric measuring cups
large bowl
wooden spoon
airtight container

Ingredients:

1 cup bean flour, chickpea flour
or soy flour
1 cup arrowroot starch, cornstarch
or potato starch
1 cup tapioca flour
1 cup white rice flour, brown rice
flour or sorghum flour

What to do:

1. Mix all of the ingredients together in the large bowl.
2. Store in the airtight container in a dry place.