

# Suggestions for Stocking your Holiday Pantry

From the gluten-free, allergy-friendly kitchens of



## Flours<sup>1</sup>

- Sorghum
- Rice
  - Brown
  - White rice
  - Sweet rice
- Oat flour (Certified Gluten Free)
- Bean
  - Garbanzo (Chickpea)
  - Fava
  - Garfava™
- Montina™
- Millet Flour
- Tapioca
- Quinoa
- Amaranth
- Teff

## Grains

- Quinoa flakes
- Brown rice flakes
- Rolled oats (Certified Gluten Free)

## Sweeteners

- Brown sugar
- Brown rice syrup
- Evaporated cane juice crystals
- Agave
- Honey
- Pure Maple Sugar

## Starches

- Tapioca starch
- Arrow root starch

## Fats (replace 1 cup butter with 1 cup of the following)<sup>2</sup>

- Vegetable oil (Canola, Safflower, Sunflower, Palm)
- Trans fat-free shortening (Spectrum® Organic)
- Olive oil

## Gums

- Xanthan
- Guar

## Leavening Agents

- Gluten-free baking powder
- Baking soda

## Egg Substitutes (replace 1 large egg with one of the following)

- ¼ cup unsweetened applesauce (or other fruit puree like banana and prune)
- Mix 3 tbsp hot water with 1 tbsp flax meal. Let stand, stirring occasionally for about 5-10 minutes or until mixture is thick

## Milk Substitutes

- Rice milk

## Dried Fruits

- Cranberries
- Pineapple
- Apples
- Raisins

## Decorations (Allergy-Friendly)

- Sprinkles
- Jams or Jellies
- Perky's Nutty Rice® or Nutty Flax™
- Enjoy Life® Not Nuts!™ Mountain Mambo™ Trail Mix
- Enjoy Life Not Nuts! Beach Bash™ Trail Mix
- Enjoy Life Semi-sweet Chocolate Chips
- Enjoy Life boom CHOCO boom™ chocolate bars

<sup>1</sup> Add ingredients that provide structure and elasticity when using gluten-free flours. Add Xanthan or Guar Gum at 1 tsp per cup of flour for breads, pizza crust and yeast-containing products; add ½ tsp per 1 cup of flour for pastries.

<sup>2</sup> May affect taste.