



# Sticky Fingers Cooking

Cultivating 'Cool'inary Curiosity in Kids

Mixing & Measuring & Knife Skills, Oh My!

At Sticky Fingers Cooking, our passion is helping Young Chefs to discover the joys of cooking-up healthy yummy fun to nourish their bodies and minds!

*(aka: turning picky-eaters into food explorers)*

## FOOD ALLERGY SUBSTITUTION INFORMATION

### Most Common Food Allergens:

Dairy

Eggs

Peanuts

Soy

Tree Nuts

Wheat

FISH and CRUSTACEAN SHELLFISH are also major, common food allergens. As Sticky Fingers Cooking recipes do not include meat, poultry, fish or shellfish –they are not included in above list, or in this document.



# DAIRY ALLERGIES

## **AVOID These Ingredients:**

- ✓ casein
- ✓ whey
- ✓ whey solids
- ✓ buttermilk solids
- ✓ curds
- ✓ milk solids
- ✓ lactalbumin
- ✓ caseinate
- ✓ sodium caseinate
- ✓ cream

## **FOODS COMMONLY CONTAINING DAIRY:**

- **Beverages** including milk, buttermilk, hot chocolate, "non-dairy" creamers
- **Baked goods** including baking mixes and frostings
- **Spreads** including butter and many margarines (even some that say "non-dairy" on the label)
- **Cheeses**
- **Boxed dinners / prepared foods** such as macaroni and cheese, mashed potatoes, puddings, gravies, vegetables in cream, cheese or butter sauces, canned pasta meals
- **Prepared meats** including hot dogs and lunch meats
- **Salad dressings** often have cheese or other dairy ingredients in them
- **Yogurt** (including frozen)
- **Frozen desserts** such as ice cream, sherbet and sometimes sorbet
- **Whipped toppings**
- **Many types of chocolate** (cocoa powder is dairy free)

## **DAIRY SUBSTITUTIONS:**

### **Milk**

**Soy, rice, potato, almond, oat, hemp and coconut milks** are all possible substitutes for cow's milk. Substitute non-dairy milk options one for one with milk in recipes.

1 cup milk = 1 cup of any non-dairy milk alternative

### **Buttermilk**

1 cup dairy-based buttermilk equals:

- 1 cup soymilk combined with 1 T. apple cider vinegar or lemon juice. Allow mixture to rest in the refrigerator for five minutes so that the mixture will thicken correctly.
- 1 cup plain soy yogurt
- 2/3 cup soy sour cream blended with 1/3 cup unsweetened soy milk

## Heavy Cream

### 1 cup dairy-based heavy cream =

- 1/4 cup soy half-n-half, mixed with 1/4 cup soy margarine, melted, and 1/2 c unsweetened soymilk
- 1 cup cream of coconut

## Butter / Margarine

When searching for a dairy-free margarine, be sure to examine the product labels carefully (as always). Just because it may be labeled as 'dairy free' doesn't mean it actually is. Try *Earth Balance Natural Buttery Spread*. You can use it in cooking, baking and as a spread. Coconut oil is also an option in place of margarine or shortening. It is solid at room temperature but, like butter and margarine, when heated will melt. Additionally, canola oil can be used as a one for one substitute when making savory dishes and sauces.

**1 T butter** = 1 T dairy free margarine (watch salt content of margarine and reduce salt in the recipe if necessary). This is great for baking.

**1 T butter** = 1 T coconut oil

**1 T butter** = 1 T canola oil

## Cheese

Soy cheese can be used just as you would dairy-based cheese, however, the textures and melting factors will be slightly different. Experiment to find the best soy cheese to use in your recipes. Use non-dairy cheese in the same way as you would dairy-cheese.

## Ice Cream

You can find many dairy free ice cream options at a specialty food store (and sometimes even at the regular grocery store). These dairy free ice cream options are often soy based but there are also rice "cream" and coconut milk ice cream options. Use and eat just as you would regular dairy-based ice cream.

## Frosting

Dairy free frosting is easy to find at the regular grocery store. Pillsbury frosting (the one with the blue lid) is a good choice. Please be sure to check labels, though, because many of the same brands DO contain dairy. Use the non-dairy frosting just as you would dairy-based.

## Yogurt

If you're a yogurt fan and are not allergic to soy, several different brands of soy based yogurt are available (*Silk* is one). So *Delicious* brand coconut yogurt is a great option if you're allergic to soy AND dairy. Try using it as a dip for fruit or buy plain and use it to make a dressing for creamy salads.

## Chocolate Chips and Baking Chocolate

If you only have a dairy allergy and have no issues with nuts, you should be able to find baking chocolate like semi-sweet and bittersweet at the regular grocery store that doesn't include dairy. I have found them but they often contain the advisory statement "may contain nuts". If nuts are an issue, try Enjoy Life Foods Gluten-Free Chocolate Chips. They are made in a nut free facility, are dairy free and soy free and they work

in cookies, muffins, sauces and frostings. You can use them just like you would semi-sweet chocolate chips and you won't be able to tell the difference!

## EGG ALLERGIES

### Egg Substitutes for Baked Goods

In a typical recipe for baked goods, eggs generally play one of two roles: **binder** (to hold the recipe together) or **leavening agent** (to help it rise). Sometimes eggs play both roles at once. Determining which purpose the eggs primarily have in the recipe you are considering will help you determine what options for replacement you might have.

As a rule of thumb, if a recipe for baked goods calls for three or more eggs per batch (with a typical "batch" consisting of 36 cookies, one pan of brownies, one loaf of bread, or one cake), egg substitutes generally do not work. The consistency of the finished product comes out poorly. Pound cakes, sponge cakes, angel food cakes, and other popular desserts with relatively high egg content do not turn out well in egg-free cooking. In these situations, it is usually best to make something else.

There are commercial egg replacement products on the market. Be sure that you are considering an egg **replacement**, not an egg **substitute**. Egg substitutes are generally marketed in the dairy portion of the grocery store, and are designed for cholesterol-conscious people, rather than for egg-allergic people. They contain egg, and are unsafe for those with egg allergies. Commercial egg replacement products (such as Ener-G brand Egg Replacer®, a popular powdered product that is available in natural foods stores across the U.S.) generally will work for either binding or leavening purposes. As with any other product, be sure to read the ingredient statement to ensure that the product is indeed safe for your allergy.

### Eggs as a Binder

For recipes which use eggs **primarily** as a binder (such as drop cookies), *possible substitutions for **one whole** egg include:*

- Commercial egg replacement products (see above)
- 1/2 of a medium banana, mashed
- 1/4 cup of applesauce (or other pureed fruit)
- 1/4 cup pumpkin puree or squash puree
- 3-1/2 tablespoons gelatin blend (mix 1 cup boiling water and 2 teaspoons unflavored gelatin, and then use 3-1/2 tablespoons of that mixture per egg)
- 1 tablespoon ground flax seed mixed with 3 tablespoons warm water; let stand 10 minutes before using
- 3 tablespoons pureed beans (good alternative for baking into sweet recipes)
- 2 tablespoons ground chia seeds soaked in 1 tablespoon of water
- 3 tablespoons nut butter
- 1/4 cup silken tofu

One Egg White = 1/4 teaspoon xanthan gum + 1/4 cup water (let stand 5 minutes, then whip).

NOTES: Consider the final product when using these substitutes. Some will add moisture, so may need to reduce moisture content in the remaining recipe ingredients. Also, some will add flavor to your final dish. Additionally, the texture and density of the final product may be impacted by the substitution choice. The best method is to experiment and note your results.

## **Xanthan Gum**

Xanthan gum can be added to egg-free cakes and cookies, as well as milk-free ice cream, to bind and add texture. Use about one teaspoon per recipe. Xanthan gum is a white powder derived from the exoskeleton of a bacterium. It is cultivated on corn sugar.

## **Eggs as a Leavening Agent**

For recipes which use eggs primarily as a leavening agent you can try a commercial egg replacement product (see above) or the following mixture:

1-1/2 tablespoons vegetable oil mixed with 1-1/2 tablespoons water and 1 teaspoon baking powder per egg.

Note: This mixture calls for baking powder, not baking soda. The two products are not interchangeable.

## **Egg White Glaze**

Occasionally recipes will use egg whites as a glaze, with the beaten egg whites brushed onto the top of the item before it is cooked. One good option here is to use melted margarine instead of the beaten egg whites.



## **PEANUT ALLERGIES**

**Peanut allergy is not the same as a tree nut allergy since peanuts are not really nuts at all!** Peanuts are, in fact, a legume and grow on roots underneath the soil. They are closely related to other legumes such as black beans, garbanzo beans or chickpeas, pinto beans, kidney beans and soybeans (to name a few).

People with this type of allergy are often very sensitive and reactions are frequently severe. This is because the proteins in peanuts are very stable meaning they stay intact through cooking and baking. People can have reactions to the smallest amount of peanut protein including inhaling tiny particles floating in the air or touching the protein.

Of all food allergies, this one is least likely to be outgrown with only 20-25% of patients doing so. Given that statistic, it is important to be comfortable managing a peanut allergy. Below you can find ingredients and foods that may contain peanuts and ideas for peanut substitutes.

## **Ingredients to Avoid**

Following is a list of some ingredients to watch for on labels that may contain peanut protein. If you are unsure about an ingredient on a food label, parents should check with their dietitian or doctor.

- Peanut
- Peanut butter

- peanut starch
- peanut flour
- cold-pressed peanut oil
- expeller-pressed peanut oil
- mixed nuts
- crushed nuts
- beer nuts
- artificial nuts
- hydrolyzed plant protein
- hydrolyzed vegetable protein (may or may not contain peanut)
- vegetable oil (if source isn't specified)
- natural flavoring (depending on the food, may contain peanut protein)
- peanutamide
- Advisory Statements like "may contain traces of peanut" Peanut

### **Some Foods Commonly Containing Peanuts:**

**BAKED GOODS:** Doughnuts, pastries, breads, muffins, cookies, anything in a bakery that uses peanuts could be cross-contaminated with peanut protein.

**BAKING MIXES:** Chocolate - candy bars, chocolate chips (many may contain peanut traces).

**ICE CREAM:** Candy - nougat, many candies may contain peanut traces  
Snacks - crackers, granola, rice cakes, caramel corn, snack mixes.

**SAUCES:** Peanut can be used as a thickener, satay sauces, pesto.

**ASIAN FOOD:** Stir fry, sauces, egg rolls.

**BREAKFAST CERALS, CERALS**

**VEGGIE BURGERS**

**NUT BUTTERS**

**MARZIPAN**



## **SOY ALLERGIES**

Soy allergy is more common in children than adults and is often outgrown. Serious reactions to soy, such as anaphylaxis, are not seen as commonly as they are with other allergens like peanuts. This despite the fact that soybeans and peanuts are both legumes and have similar protein structure.

**Avoiding soy might seem pretty easy - that is, until you start reading food labels.** Then you'll see that soy isn't just in tofu and soy milk. It is everywhere!

### **Ingredients Containing Soy:**

Soy is often used in foods to make them "high protein". If you see this claim on food packaging, look closely on the food label. Soy flour or other soy ingredients may have been used.

### **Following are some ingredients to watch for on food labels when avoiding soy:**

- Hydrolyzed soy protein
- Miso - a paste made of rice, barley and/or soybeans; used as a seasoning often in Japanese cuisine
- Shoyu sauce - a type of soy sauce
- Soy - flour, albumin, flour, grits, nuts, milk, sprouts
- Soy protein concentrate, soy protein isolate
- Soy sauce
- Soybean, soybean granules, soybean curd
- Tamari - a type of soy sauce, mostly produced in Japan
- Tempeh - similar to tofu
- Textured vegetable protein, aka TVP
- Tofu

### **The following ingredients MAY ALSO indicate soy:**

- Bulking agent
- Emulsifier
- Guar gum, gum arabic, vegetable gum
- Hydrolyzed vegetable protein
- Hydrolyzed plant protein
- Lecithin
- Mono- & di-glycerides
- MSG or monosodium glutamate
- Natural flavoring
- Shortening
- Stabilizer
- Thickener
- Tocopherols / vitamin E
- Vegetable broth
- Vegetable oil
- Vegetable starch

### **Soybean Oils**

Soy bean oil, vegetable shortening and hydrogenated oils are tolerated by most people with a soy allergy because the soy protein is removed during processing.

**Cold pressed or expeller-pressed oils**, however, still have the protein intact and should be avoided. If there is a history of anaphylaxis, be cautious with all of these ingredients.

### **Foods Commonly Containing Soy:**

Soy is in many, many foods, especially PROCESSED FOODS. Here is a sampling of foods that soy is commonly found in:

- Baby foods, formula, cereals
- Baked goods including cakes, cookies, muffins, breads

- Baking mixes and canned frosting
- Breakfast cereals, instant breakfast drinks
- Breading mixes, stuffing mixes
- Canned puddings
- Canned and packaged dinners like spaghetti or macaroni and cheese
- Canned tuna packed in oil
- Chocolate chips, chocolate bars
- Imitation meats and seafood
- Meat fillers
- Margarine, shortening, cooking spray, vegetable oil
- Snack foods including crackers, chips, pretzels
- Soy and teriyaki sauces
- Soy milk, yogurt, non-dairy creamers
- Tofu, miso, tempeh
- Vitamin supplements

**Soy can also be found in non-food items. Here are some to watch for:**

- Lip Balms
- Cosmetics
- Lotions

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## **Soy Substitutions:**

Like many food allergies, having a soy allergy means preparing food from scratch more often since prepared foods at grocery stores often contain soy in one form or another. Finding soy substitutes can be a challenge especially if you also have a dairy allergy as many dairy substitutes contain soy.

You'll notice that a lot of soy AND dairy free products are coconut based. Please note that coconut, according to the FDA, is a tree nut (though, technically it is a fruit). Either way, be sure that coconut is a safe alternative for you.

**MILK:** If you can have dairy, this one is pretty obvious - cow's milk should fit the bill nicely. But if you are allergic to dairy AND soy, it isn't quite as obvious. Dairy and soy free options include potato, rice, hemp, almond and coconut milk. While they vary in calorie and protein content, most milk substitutes are fortified with comparable amounts of calcium and vitamin D. Substitute non-soy dairy alternatives one for one in recipes with dairy based products.

**BUTTER / MARGARINE:** Earth Balance Buttery Spread is one of the best butter / margarine alternatives. Earth Balance makes a variety of "buttery spreads" so be sure to find the soy free variety. You can use this in cooking and baking just like you would use butter and it is free of trans fats.

**SHORTENING:** Most shortening varieties that you find at the regular grocery store are made from soybean oil (and most contain trans fats). Spectrum shortening is a great option if you are avoiding soybean oil. It is sold in tubs on Amazon.com and can also be found in your local specialty food store. If you have a dairy AND soy allergy, this would be a great alternative to margarine for baking. **Coconut oil** is another substitute option that can be used in place of shortening and margarine. Just use the same amount of coconut oil as you would shortening or margarine.

**SOY SAUCE:** Do a web search for "soy free soy sauce" and you'll find a number of ideas on how to make it yourself. Don't feel like making it from scratch? There is a coconut based "soy" sauce that is soy free. You can also find it at Amazon.com.

**CHEESE:** If you aren't allergic to dairy, then definitely use dairy-based cheese. If you are avoiding dairy AND soy, however, cheese can be more difficult to track down. One option is Rice Vegan Slices.

**ICE CREAM:** Again, if you're not allergic to dairy, you should be able to find a lot of ice cream options. If you're allergic to dairy AND soy, you have fewer options. If coconut is a "safe" alternative for you, look for a coconut based ice cream at your specialty store.

**YOGURT:** Once again, if you're not allergic to dairy this one is pretty easy. If you are allergic to dairy AND soy, coconut milk yogurt is one option for you. Turtle Mountain makes a variety of coconut based products, including coconut milk yogurt. You can find it at your local specialty food store.

**CHOCOLATE CHIPS:** Enjoy Life makes a variety of soy free, dairy free, nut free chocolate chips. They taste like any other type of chocolate chip so they work well in cookies and bars. They also melt well so they can be used in things like fudge and other candies.



## **TREE NUT ALLERGIES**

**Tree nut allergy is in its own category in the top most common food allergens.** It is not grouped together with peanut allergy as you might think. This is because tree nuts and peanuts grow differently and have different proteins that cause allergic reactions.

Because of this, many people with a tree nut allergy can tolerate peanuts and vice versa. Also, it is possible to only be allergic to one type of tree nut, such as walnuts, and be able to tolerate other tree nuts, like almonds, just fine.

**What makes managing peanut and tree nut allergies tricky?** Well, a couple of things. First, peanuts and tree nuts are often produced and packaged in the same facilities on the same production lines. This means that the risk for cross-contamination is high. Second, peanut and tree nut allergies are usually not mild and often cause serious reactions. This is why many allergists advise people with peanut or tree nut allergies, especially kids, to avoid them all

### **List of Tree Nuts:**

**The following chart is from the US Food and Drug Administration Center for Food Safety and Applied Nutrition.** It includes all tree nuts that are required to be listed on food labels.

**FDA Tree Nut List:**

[For Source: Click on above LINK, Then scroll down to Paragraph F10]

<b>Common or Usual Name:</b>	<b>Scientific Name:</b>
Almond	<i>Prunus dulcis</i> (Rosaceae)
Beech nut	<i>Fagus</i> spp. (Fagaceae)
Brazil nut	<i>Bertholletia excelsa</i> (Lecythidaceae)
Butternut	<i>Juglans cinerea</i> (Juglandaceae)
Cashew	<i>Anacardium occidentale</i> (Anacardiaceae)
Chestnut (Chinese, American, European, Seguin)	<i>Castanea</i> spp. (Fagaceae)
Chinquapin	<i>Castanea pumila</i> (Fagaceae)
Coconut	<i>Cocos nucifera</i> L. (Arecaceae (alt. Palmae))
Filbert/hazelnut	<i>Corylus</i> spp. (Betulaceae)
Ginko nut	<i>Ginkgo biloba</i> L. (Ginkgoaceae)
Hickory nut	<i>Carya</i> spp. (Juglandaceae)
Lichee nut	<i>Litchi chinensis</i> Sonn. Sapindaceae
Macadamia nut/Bush nut	<i>Macadamia</i> spp. (Proteaceae)
Pecan	<i>Carya illinoensis</i> (Juglandaceae)
Pine nut/Pinon nut	<i>Pinus</i> spp. (Pineaceae)
Pili nut	<i>Canarium ovatum</i> Engl. in A. DC. (Burseraceae)
Pistachio	<i>Pistacia vera</i> L. (Anacardiaceae)
Sheanut	<i>Vitellaria paradoxa</i> C.F. Gaertn. (Sapotaceae)
Walnut ( English, Persian, Black, Japanese, California), Heartnut, Butternut	<i>Juglans</i> spp. (Juglandaceae)

## **Ingredients Commonly Containing Tree Nuts:**

Following is a list of tree nuts and some ingredients that contain Tree Nuts:

- Almond - butter, paste (marzipan), flavoring, extract
- Brazil nut
- Cashews - butter, flavoring, extract
- Chestnuts (water chestnuts are OK, they're not nuts despite their name)
- Hazelnuts or filberts
- Hickory nuts
- Macadamia nuts, Queensland nuts
- Pecans
- Pine nuts, pinon, pignoli
- Pistachios
- Walnuts
- Gianduja (chopped nuts mixed with chocolate)
- Nu-Nuts artificial nuts
- Nut Meal
- Mashuga nuts (pecans)
- Nougat
- Nut paste
- Nutella

## **Foods Commonly Containing Tree Nuts:**

- Baked Goods - breads, muffins, cakes, cookies, bars, pastries, doughnuts, frostings
- Snack Foods - granola, granola bars, rice cakes, snack mixes, crackers, caramel corn
- Asian Foods
- Pesto
- Salads
- Candy - candy bars, brittles, chocolate, fudge, pralines, turtles, clusters

## **Nut Free Foods:**

A nut allergy provides a particular problem with substitutions. Namely, there aren't any. Avoidance is your only option. However, perhaps the following foods will give you some ideas for how to fill the void.

**PEANUT BUTTER:** Given the amazing amount of peanut butter consumption in the U.S. alone (somewhere in the neighborhood of 500 million pounds consumed in a year) one of the most sought after substitutes for those of us managing a peanut allergy is, of course...peanut butter!

**SOY BUTTER:** If you aren't allergic to soy, there are several different soy butters on the market. Some varieties are even flavored . Here are a few different brands of soy butter that are available:

- The Soy Nut Butter Company

- Simple Food
- WowButter

**SUNFLOWER BUTTER:** Sunflower butter is another peanut butter replacement option. Here is one brand known to be peanut free:

- SunButter - SunButter is widely available, and many schools even offer it in their cafeterias.

A note about baking with sunflower butter:

Sunflower butter has the tendency to turn green (yes...green!) when used in baking. According to the SunButter website, this happens because the baking powder/soda reacts with the chlorophyll in the sunflower seeds causing the sunflower butter to turn green. According to SunButter, if you cut back on the baking powder/baking soda by  $\frac{1}{3}$ , this will be prevented. Adding a small amount of acid, like lemon juice, might help also.

**CHOCOLATE:** If you're looking for "safe" chocolate chips, check out Enjoy Life's semi-sweet chocolate chips. They are free of all of the common allergens and are made in a nut free, gluten free facility.

**GRANOLA, GRANOLA BARS:** Along with chocolate chips and chocolate bars, Enjoy Life Foods makes a variety of nut free "granola" bars and granola. These are becoming widely available at regular grocery stores and kids love them!

## **WHEAT ALLERGIES**

Among the top food allergies, wheat allergy is more common in children than adults. Reactions to wheat can vary widely ranging anywhere from eczema to gastrointestinal symptoms to hives but rarely causes anaphylaxis, a life-threatening reaction.

Wheat allergy is often confused with celiac disease (spelled "coeliac" outside of the U.S.) which is an autoimmune disorder in which the small intestine reacts to the ingestion of gluten. People with a wheat allergy do not necessarily have to avoid gluten, like those with celiac disease, because wheat has other proteins that cause an allergic response.

The main proteins in wheat that can cause allergic reactions are albumin, globulin, gliadin and gluten with the most common culprits being albumin and globulin. People with a wheat allergy typically can have other grains that contain gluten such as oats, rye and barley.

**Following are some resources to help you manage your wheat allergy:**

### **Ingredients to Avoid:**

Wheat is found in many food ingredients that you may not suspect. Some of the ingredients listed below may or may not be derived from wheat such as "modified food starch" and "natural flavoring". Modified food starch, which is found in many, many foods is often derived from wheat but can also come from corn. With the labeling laws in the U.S., the label should specify "wheat" but it doesn't hurt to double check with the manufacture just to be safe.

## **Here is a List of Some Ingredients to Watch for on Food Labels::**

- wheat (bran, germ, starch)
- bulgur
- flour (graham, durham, enriched)
- gluten
- modified food starch
- malt
- spelt
- vegetable gums
- semolina
- hydrolyzed vegetable protein
- starch
- natural flavoring

## **Foods Commonly Containing Wheat:**

This list is fairly long because wheat seems to be in everything! If you suspect a food might contain wheat or, if you are really sensitive, and a food is produced near wheat, contact the food manufacturer to be sure. Here is a list of foods to watch out for:

- Snacks - crackers, chips, cereals, snack mixes, pretzels
- Breads - bread, bagels, muffins, rolls, pastries, donuts, pancakes, waffles
- Desserts - cakes, cookies, baking mixes, pies, other baked goods
- Soups - most soups including broths
- Pastas - noodles, packaged dinners containing pasta
- Condiments - soy sauce, worchestire sauce, salad dressings, barbeque sauces, marinades, glazes, some vinegars
- Beverages - Beer (including non-alcoholic), root beer, drink mixes such as instant breakfast
- Meats - frozen meats (some are packaged with broth), lunch meats, hot dogs
- Gravies and Sauces - most likely thickened with wheat flour
- Misc. - flour tortillas, stuffing
- Tabbouleh, Tabouleh or Tabouli - a salad made with bulgur
- Pilafs

## **Wheat Substitutes:**

Wheat is a staple food around the world. So many common, easy-to-prepare, easy-to-obtain foods contain wheat. So, if you have a wheat allergy, you are more than likely desperate to find some wheat substitutes. From pasta to bread to snack foods, wheat is everywhere—but so are alternatives.

Following are some substitutes for wheat and foods containing wheat:

### **Flours:**

Replacing wheat flour is a tricky thing because it contains gluten, a protein that is pretty much responsible for the structure and texture of foods baked with wheat flour. It is

difficult to duplicate wheat baked goods (especially bread) without wheat flour. Some non-wheat flours do contain gluten including barley and rye. People with a wheat allergy can usually tolerate those flours while people with celiac disease cannot.

**Following are some other wheat-free (and gluten-free) flours:**

- Rice flour - Easy to find, usually in regular grocery stores. Can be used as a wheat flour sub cup for cup in some recipes but is better mixed with other flours.
- Snacks - crackers, chips, cereals, snack mixes, pretzel
- Tapioca starch
- Potato starch
- Potato Flour
- Sorghum Flour
- Bean flours
- Packaged Gluten-Free All Purpose Mixes

**DO-IT-YOURSELF All-purpose flour mix:**

4-1/2 cups White Rice Flour

1-1/2 cups Potato Starch (not potato flour)

3/4 cup Tapioca Flour (also called tapioca starch)

Combine it in an 8 cup plastic container and store it in the pantry for future use. Use it one for one like you'd use white flour. It works well for baking and thickening sauces and gravies. Add xanthan gum when baking with it, which can be found at specialty food stores or online. The amount you should add will depend on what you are baking. Use the guide on the package to help determine how much to add (usually 1/2 teaspoon per cup of flour).

**PASTA:** Luckily, there are great alternatives to wheat pasta! Pasta comes in rice, corn and quinoa varieties. Take care to not overcook it as it can get mushy and fall apart easily.

One really great brand is Tinkyada. It comes in many different varieties including elbow, shells, spaghetti, penne and lasagna (to name a few). It also seems to hold its shape better than other brands.

**BREAD:** There are many wheat-free pre-made bread alternatives on the market today. Check labels to be sure. Baking with wheat-free flours is another option. Some of the best cookbooks out on baking gluten free are written by Bette Hagman including one called The Gluten-Free Gourmet Bakes Bread. If you're adventurous and want to try baking some bread, check it out!

**SNACKS:** If you are more sensitive or have celiac disease, be sure to double-check with the manufacturer about shared food production lines and cross-contamination.

**Here are some ideas for wheat-free snacks (not necessarily gluten free):**

- Rice cakes
- Popcorn (any kind) and corn puffs (like Puffcorn)
- Cereal - Rice Chex, Corn Chex, Frosted Flakes, Kix, Berry Kix, Trix, Rice Krispies
- Chips - corn chips, potato chips

- Fruit snacks - check the label, some have "modified food starch" which can mean wheat
- Rice crackers - look for them at the specialty food store

**BROTH:** Look for gluten-free broth at your grocery store. Two that are great are Pacific or Kitchen Basics. You can use it to make your own wheat free soup, sauces and gravies.

**BAKING MIXES:** Look for wheat-free cake mixes at the regular grocery store as they seem to be more widely available now. They are very good and come in a gluten-free, dairy-free, egg-free, nut-free variety. Wheat-free baking mixes aren't limited to cakes, either. You can find mixes for pie crusts, tortillas, graham crackers, animal crackers and goldfish crackers and pizza crust (to name a few).

**Here are some other brands of wheat-free mixes:**

- Authentic Foods
- Cause You're Special
- The Cravings Place
- Dowd and Rogers, Inc.
- Glutano
- Gluten Free Pantry
- Glutino
- Shiloh Farms

## **HELPFUL RESOURCES:**

[Shelley Hillesheim, Natural Foods Chef](#)

[www.eatingwithfoodallergies.com](http://www.eatingwithfoodallergies.com)

[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

[www.foodallergykitchen.com](http://www.foodallergykitchen.com)

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