

## Substitutions In Gluten-Free Breads

- Fructose, molasses, and honey can be used in place of sugars
- Any vegetable oil or butter can be used in place of canola oil
- Rice flour can be used in place of potato starch. Potato flour *cannot* be used in place of potato starch. It is much too heavy.
- Tofu can be used in place of ricotta cheese
- Lactose-free milk can be used in place of dry milk or water; use equal proportions.
- Pulverized Nut-quick and dry baby formulas such as Isomil, Prosobee and Pregestimil, may be used in place of dry milk for soy and lactose intolerance. Use 1/3 cup to replace ½ cup dry milk.
- Egg replacer can be used in place of eggs. To substitute 3 eggs, use 8 teaspoons egg replacer. Mix with dry ingredients; add 2/3 cup water with wet ingredients.

### Other Info:

- Yeast may be used cold.
- Combine the liquid ingredients in a bowl and whisk together before adding to pan. (I seldom do this)
- All dry ingredients can be whisked together, including yeast before adding on top of wet ingredients (I often do this)
- If bread is grainy or crumbly, increase egg replacer or xanthan gum.
- One teaspoon cider or rice vinegar acts as a preservative.
- Eggs should measure 1/4 cup each.