***Gluten Free Flours:***

**Amaranth, buckwheat, millet, quinoa, soy.** Not technically grains, these plants’ seeds are ground into flours for baking. These contain all eight essential amino acids-making each a complete protein- plus they offer high amounts of fiber, B vitamins, and minerals.

**Brown rice, chickpea, cornmeal, nutmeal, sorghum, teff.** Although incomplete as proteins, most have a high protein content compared with wheat and contain ample fiber and nutrients.

***Gluten Free Baking Helpers:***

**Arrowroot powder, potato starch, tapioca flour.** These starches mimic gluten’s binding properties. They also lighten the heaviness and distinct flavors of whole grain GF flours. Sold in the baking aisle.

**Guar gum or xanthan gum.** Gums, used in small quantities (generally 1 teaspoon per cup of flour), help hold shape and eliminate crumbliness. Also sold in the baking section.