

## The Best Gluten-Free All-Purpose Flour

Things are happening fast in the gluten-free world of baking. As more consumers realize they are gluten intolerant or find out about the health benefits of baking gluten free the need for an easy to use gluten free flour has become very important. The brand I prefer is Bob's Redmill All-Purpose Baking Flour. If you are thinking, " wait a minute I bet she was paid to say that," you would be mistaken. I receive no remuneration for mentioning this product, I wish I did. It is just that in all the baking and experimenting I found it to be the best substitution for nearly all the baked goods in Lindy's Gluten Free Goodies and More cookbook.

The reason for my endorsement of this product is its texture and taste. Bean flours are tricky to mix. They can be very bitter. In the past to cover up that bitterness nearly all recipes using bean flours for baking were some sort of chocolate. Chocolate masks the bitterness very well. The combination of bean and other flours used in Bob's Redmill All-Purpose Baking Flour is blended well enough to use in most of my recipes. One more thing, you may find some lumpiness to the all purpose flour. I always use a sifter to help break them up.

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