

Gluten free All-Purpose Baking Mix

From "Wheat Belly 30-minute (or less) Cookbook"

Yield: 5 cups

This mix is meant to be useful for creating a variety of different bread and baked goods recipes: loaf breads, flatbreads, rolls, scones, muffins, and cookies.

Ingredients

- 4 cups almond meal/flour
- 1 cup ground golden flaxseeds
- 1/4 cup coconut flour
- 2 teaspoons baking soda
- 1 teaspoon ground psyllium seed (optional)

Preparation

In a large bowl, whisk together the almond meal/flour, flaxseeds, coconut flour, baking soda, and psyllium seed (if desired).

Store in an air tight container, preferably in the refrigerator.

Per 1 tablespoon: 40 calories, 2 g protein, 2 g carbohydrates, 3 g total fat, 0 g saturated fat, 1 g fiber, 33 mg sodium