RESEARCH ROUNDUP

Beyond All-Purpose: 6 UNIQUE GLUTEN-FREE FLOURS TO TRY

By ***Kelly Ozog***

The gluten-free lifestyle is nothing new, but if you've been baking and cooking without gluten for a while, you might be stuck in a rut using the same old all-purpose blends. Sure, they do the job—but what if you could elevate your recipes with new flavors, textures, and nutrients? It's time to shake things up! We're uncovering some of the most underrated and unique gluten-free flours that can transform your kitchen game. From nutty and earthy to light and subtly sweet, these flours bring unexpected benefits and exciting possibilities to your favorite dishes. Let's dive in!

CASSAVA FLOUR

What It Is: Cassava flour is made from the dried, ground root of the cassava plant, a staple crop in South America, Asia, and Africa. Naturally gluten-free, grain-free, and nut-free.

Taste & Texture: It is mild and neutral in flavor and has a light, fine, and powdery consistency.

How to Use It: It is well-suited for both sweet and savory dishes, such as flatbread or chocolate chip cookies.

Best Substitutions & Ratios: Easily swaps for wheat or all-purpose flour at a 1:1 ratio in most recipes and is an excellent ingredient for vegan baking since it binds well without eggs.

Why You'll Love It: Unlike some gluten-free flours, cassava flour doesn't require extra binders, making it a nutritious and easy-to-use alternative for all your favorite recipes.

BANANA FLOUR

What It Is: Banana flour is a powder made from green bananas.

Taste & Texture: Light in texture with a mild, earthy flavor when cooked.

How to Use It: Great for baking cakes, muffins, pancakes, and bread.

Best Substitutions & Ratios: Use 3 cups of banana flour for every 4 cups of wheat flour. Since banana flour absorbs more moisture, add extra binding agents like eggs, chia seeds, or flaxseed meal for better texture.

Why You'll Love It: Packed with dietary fiber, it supports healthy digestion, helps regulate blood sugar levels, and provides essential minerals like potassium and magnesium.