

# Mama's Almond Blend Flour Faq's



## **Why do we use Almond Meal in our blend?**

- \* Almond Meal offers superb flavor to GF baked goods.
- \* Almonds are high in nutritional value including: protein, fiber, folic acid, calcium, phosphorus and vitamin E.

## **Does it taste like Almonds?**

- \* No, the taste is so subtle, the almond flour does not overpower the flavor. The unique combination enhances the flavor and texture. Even those who don't like nuts will enjoy this blend.

## **What is the texture like with Mama's Almond Blend Flour?**

- ◆ Mama's Almond Blend offers a delightfully smooth texture that is non-gritty and light. It offers the best texture for gluten free flour blends by eliminating the grit, heavy texture, and cardboard textures usually associated with gluten free flour blends.

## ◆ **How should I store GFM's Rice Almond Blend?**

- \* Always store in a cool dry place in a sealed airtight container.
- \* Extend the shelf life and freshness by storing in refrigerator or freezer.

## **Can I use this blend in my favorite GF recipes?**

- \* Absolutely! Replace the GF flour in your favorite GF recipes with the same amount of any of GFM's Flour Blends.

## **What types of baked goods work best with the Rice Almond Blend?**

- \* ALL of them. The **Rice Almond Blend** has been tested with every recipe in GFM's Best Baking Cookbook and is our number one blend. It is completely versatile with any recipe.
- \* Especially offers the best flavor to pancakes, cookies and breads.
- \* In your favorite cake recipes decrease the amount of flour by  $\frac{1}{4}$ - $\frac{1}{2}$  cup.

## **Do I need to use xanthan gum with this blend?**

- \* Yes. Without xanthan gum your gluten free baked goods will crumble and fall apart. We do not add xanthan gum to our blends because each recipe requires unique amounts. Follow the recipe for how much xanthan gum to add.



# Gluten Free Mama's Rice Almond Blend Flour



- All Purpose Gluten Free Flour
  - Gluten Free
  - Wheat Free
- Light, non-gritty texture
  - Nutritious
  - Superb Flavor
- Certified Gluten Free
  - 2 Handy Sizes
- ◆ Use Cup for Cup with your favorite Gluten Free Recipes  
OR
- ◆ Use with Gluten Free Mama's Best Baking Recipes Cookbook

**INGREDIENTS:** White Rice Flour, Tapioca Flour, Potato Starch, Sweet Rice Flour and Almond Meal Flour

Gluten Free Mama Kitchen, LLC  
P.O. Box 478  
Polson, MT 59860  
406.883.6426  
glutenfreemama@bresnan.net  
www.glutenfreemama.com