

tasteforlife® celebrates

gluten free

substitution ideas



INSTEAD OF THESE PRODUCTS WITH GLUTEN . . .	SUBSTITUTE . . .
Bagels	Rice cakes with cream cheese, jam, or nut or seed butter
Barley	Beans, brown rice, lentils, millet, or quinoa
Bread crumbs	Gluten-free bread toasted and broken up into crumbs; gluten-free pretzels, potato chips, or corn tortilla chips crushed into crumbs; uncooked rice ground in a spice grinder and then toasted (use as a coating for fish or chicken)
Bread crumbs, flavored	Gluten-free oats processed in a food processor or blender and combined with herbs and Parmesan cheese
Couscous	Cauliflower that's been grated and steamed, or quinoa
Crackers	Brown rice tortillas that have been cut into squares and toasted
Croutons	Gluten-free bread cut into cubes and sautéed in olive oil or baked
Flour tortillas	Corn tortillas, rice wraps, or large, sturdy lettuce leaves
Granola	Chopped nuts or granola made with certified gluten-free oats
Lasagne noodles	Zucchini or eggplant, sliced into thin strips
Malt vinegar	Apple cider, balsamic, white, or wine vinegar
Oats	Oats labeled as pure, uncontaminated, and gluten free; corn grits
Pancakes	Cornmeal or corn flour as a replacement for wheat flour
Pasta	Polenta; risotto; spaghetti squash, roasted and pulled apart with a fork
Pie crust	Gluten-free cookies, graham crackers, or cereal, crushed and mixed with melted butter and pressed into a pie plate
Pizza crust	Leftover mashed potatoes combined with ¼ cup of any gluten-free flour; smooth a thin layer onto oiled cookie sheet, bake for a few minutes until crisp, and add toppings and warm in oven
Rice mixes (seasoned or flavored)	Plain basmati, brown, jasmine, white, or wild rice
Sandwich breads and buns	Rice cakes or toasted corn tortillas; lettuce leaves rolled around fillings
Soy sauce	Tamari; Bragg's Amino Acids
Wheat flour for thickening gravies and sauces	Arrowroot, tapioca starch, or cornstarch; starchy potatoes: a few chunks dropped into soups, stews, sauces, and gravies will soften, break apart, and act as a thickener