

# Gluten-Free Flour Mixes Pantry List



Bring this checklist with you to the grocery store to make sure you have all the ingredients you need for all your Gluten-Free (GF) baking projects.

## Basic All-Purpose Gluten-Free Mix

### Step 1

- Potato Starch
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

### Step 2: Self-Rising Additions (optional)

- Baking Powder (Guaranteed GF)
- Salt

## Whole Grain Gluten-Free Mix

### Step 1: Basic All-Purpose Gluten-Free Mix

- Potato Starch
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

### Step 2: Whole Grain Gluten-Free Additions

- Amaranth Flour
- Buckwheat Flour
- Chickpea Flour
- Coconut Flour
- Cornmeal
- Millet Flour
- Oat Flour
- Quinoa Flour
- Sorghum Flour

## Gluten-Free Cookie Mix

- Arrowroot Flour
- Sorghum Flour
- Tapioca Flour
- Xanthan Gum

**Note:** When purchasing ingredients, such as Oat Flour and Cornmeal, make sure they have a Gluten-Free designation on the packaging.

## Get the Gluten-Free Mix Recipes

For these Gluten-Free mix recipes, visit [How to Make Gluten Free Flour Mixes](#).

## How to Stock Your Baking Pantry with the Best Ingredients



Learn how to stock your baking pantry with the best ingredients, including Gluten-Free options, with my free [How to Stock Your Baking Pantry download file](#) that contains checklists for:

- Basics to Get Started
- Shelf-Stable Dairy and Alternatives
- Sweeteners
- Gluten-Free Alternatives
- Ancient Grains
- And More!

## Free 36-Page Traditional Foods Pantry List



For a comprehensive list of the traditional foods to stock your pantry, get my free [Essential Traditional Foods Pantry List](#). This eBook is also full of links to recipe videos, articles, and more!

## Additional Links

- [Subscribe to the Mary's Nest newsletter](#)
- [Join the Traditional Foods Kitchen Academy](#)