

Baking gluten-free bread with Expandex®



It is common for gluten-free bread recipes to call for a blend of starches and flours to obtain some of the functionality and nutrition that is lost when flours derived from wheat, oats, rye and barley cannot be used. Expandex® modified tapioca starch works best in combination with other flours, not as a one-for-one replacement for wheat flour.

The tips below give some general guidelines on how Expandex® can be used to make your favorite bread recipes even better.

- 1) To increase expansion on your sorghum flour-based bread, add 1/4–1/2 cup of Expandex®
- 2) To increase expansion on your rice flour-based bread, substitute 3/4 cup of the rice flour for 1 cup of Expandex®
- 3) To increase strength and flexibility on your bean flour-based bread, add 1/4–1/2 cup of Expandex®

Visit www.expandexglutenfree.com for future updates.

Look for the “Made With Expandex®” logo where you buy gluten-free foods and discover for yourself how Expandex® is revolutionizing the gluten-free marketplace.

Expandex® modified tapioca starch does not contain gluten from wheat, oats, rye or barley.

