

## gluten free all-purpose flour;

[ 'flou(ə)r ] noun

a mixture of GF flours to  
replace all-purpose wheat  
flour for baking and cooking

## brown rice flour;

[ rīs ] [ 'flou(ə)r ] noun

is a form of flour made  
from finely milled brown  
rice

## almond flour;

[ 'ä(l)mənd ] [ 'flou(ə)r ]

finely ground almonds  
used in baking and  
cooking

## white rice flour;

[ rīs ] [ 'flou(ə)r ] noun

is a form of flour made  
from finely milled white rice

## coconut flour;

[ 'kōkə,nət ] [ 'flou(ə)r ]

a gluten free flour that is  
essentially dried coconut in  
powdered form

## xanthum gum;

[ 'zanTHən ] [ gəm ]

a substance used in foods  
as a gelling agent and  
thickener