



## All Purpose Gluten Free Flour

### *Ingredients:*

- 1 ½ cups Organic Brown Rice Flour
- ½ cup Organic Buckwheat Flour
- ¼ cup Organic Quinoa Flour
- ¼ cup Organic Tapioca or Arrowroot Flour

### *Method:*

Place all the ingredients into either your food processor or Thermomix and blitz together until all the flours are well blended.

If you're requiring self raising flour for cakes and muffins then add 1 teaspoon of Bicarb Soda per cup of flour in the recipe and you should find it works great.

I store it in either an airtight container or a ziplock back in the fridge but an airtight jar / container in the pantry will be just as good.

Note: if you want to make a bigger batch double or even triple it so you've always got some ready to go.