



Nicole's Best Usage Guide

For best results, add the following amounts of xantham gum, per cup of flour, to your recipes when using Nicole's Best multipurpose gluten free flour.

Recipe Type	Amount per cup (140g of flour)
Muffins & quick breads	1/2 teaspoon
Drop Cookies	1/4 teaspoon
Yeast Bread	1 teaspoon
Cookies (rolled and cut out)	3/8 teaspoon
Rolled Dough (fresh pasta, e.g.)	5/8 teaspoon
Cake/Cupcakes	heaping 1/4 teaspoon
Pastry	heaping 1/2 teaspoon
Pancakes	1/4 teaspoon
Pizza	1/2 teaspoon
Rolled cakes (pumpkin roll, Swiss roll)	1 1/8 teaspoons