

Gluten Free Baking for Fall

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What makes gluten free baking so special? For a basic definition for non-bakers or chefs out there, being gluten free means excludes any foods that contain gluten, which is a protein found in wheat and several other grains. Many gluten-free options can also be turned paleo and dairy-free.

While there are many people that cannot have gluten found in many recipes, there are still many options for everyone to enjoy the fall flavor found in seasonal treats. These gluten free treats that aren't as well known could even be your newest favorite! Aside from the health benefits that gluten-free baking provides, it is also interesting to experiment with new ingredients that may have not been in your pantry. Some of the many health benefits that gluten-free desserts can provide include improving your digestive system, increasing energy levels, reducing inflammation, and many more.



Like other recipes, gluten-free foods are commonly less fortified with folic acid, iron, and other nutrients than regular foods containing gluten. Unless you have celiac disease or a sensitivity to gluten, gluten-free products are not inherently better for you than their originals. In fact, some gluten-free breads and other more processed products may actually contain less fiber and other essential nutrients. It's simply all about what works best for your health.

And what other season to try out new recipes other than Fall? (The best season!)

For instance, this recipe for gluten free pumpkin bread uses almond flour, a common substitute for all purpose flour, in order to create the bread. It usually makes the baked good denser and provides a moister taste. As said by Mrs. Steinbauer, "Being gluten free, I can very rarely find desserts that taste like the real thing. This bread tasted amazing (I ate the whole loaf in 3 days) AND uses healthier ingredients to help nourish my body. This recipe is perfect to make for the fall holidays so everyone in the family can enjoy a dessert." Other than this simple substitute, baking this recipe is the exact same as other comparable recipes with regular AP-flour.

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<https://www.ambitiouskitchen.com/almond-flour-pumpkin-bread/>

Recipe for gluten free pumpkin bread

Ingredients:

- 1 cup pumpkin puree
- 3 eggs
- $\frac{1}{3}$ cup pure maple syrup
- 2 teaspoons vanilla extract
- 2 $\frac{1}{2}$ cups packed blanched fine almond flour
- $\frac{1}{2}$ cup oat flour, gluten free if desired*
- 2 teaspoons cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon allspice or ground cloves
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup chocolate chips (dairy free if desired), plus 2 tablespoons extra chocolate chips for sprinkling on top (measure with your heart!)

Instructions:

Step one: Preheat the oven to 350 degrees Fahrenheit.. Line an 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ inch loaf pan with parchment paper. Spray the pan with nonstick cooking spray to prevent sticking. Set aside.

Step two: In a large bowl, whisk together the pumpkin puree, eggs, pure maple syrup and vanilla extract until well combined. Add in the almond flour, oat flour, cinnamon, ginger, nutmeg, allspice/cloves, baking soda and salt. Use a wooden spoon to combine until no lumps remain. Fold in $\frac{1}{2}$ cup chocolate chips.

Step three: Pour batter into the prepared loaf pan, smoothing the top with a spatula. Sprinkle 2 tablespoons of chocolate chips on top. Bake for 55 minutes-1 hour or until the tester comes out clean in the middle of the bread. Cool bread for 10 minutes in the pan, then remove and transfer to a wire rack to finish cooling completely. Once cool, cut into 12 slices. The bread is best the next day. To serve: top with your favorite nut butter or regular butter, sprinkle with a little sea salt and drizzle of maple syrup.

Enjoy!