

POTATO STARCH FLOUR RECIPES

Banana Bread

2 eggs (beaten until frothy)*
½ cup oil
¼ cup water
1½ cup mashed ripe banana
3 teaspoons baking powder▼▼
1 cup Ener-G Pure Potato Starch Flour
1½ cups Ener-G Pure Rice Flour

Preheat oven to 350°F. Beat eggs until frothy. Add oil, water, sugar and banana. Mix briefly. Add dry ingredients and mix well. Bake in greased 8 x 8 x 1¾" bread pan. Bake for about 50 minutes or until middle is firm to touch. Turn-out on wire rack to cool.

Buttermilk Biscuit

1½ cups Ener-G Pure Rice Flour
¾ cups Ener-G Pure Potato Starch Flour
1 teaspoon salt (optional)
½ teaspoon Ener-G Xanthan Gum
1 teaspoon baking soda***
½ teaspoon baking powder▼▼
3 Tablespoons shortening
1 cup buttermilk

Preheat oven to 400°F. Mix all dry ingredients together. Add shortening (solid, not melted). Pour in buttermilk and mix briefly. Roll into a firm ball. Press down. Bake at 400°F for 15-16 minutes.

Carrot Cake

4 eggs*
1 cup melted margarine
2 cups sugar
½ cup Ener-G Pure Potato Starch
1½ cups Ener-G Pure Rice Flour
1 teaspoon baking soda***
2 teaspoons pumpkin spice
dash of salt (optional)
1 can drained cooked carrots (16oz)

Preheat oven to 350°F. Beat eggs until frothy. Thoroughly mix in margarine. Sift dry ingredients together and add to egg mixture. Mix well. Mix in carrots until blended. Bake in greased 9 x 13 x 4" pan for about 30 minutes or until firm when touched on top.

Potato Starch Chocolate Chip Cookies

2 eggs*
1 cup brown sugar
½ cup margarine
1 teaspoon vanilla**
1 cup Ener-G Potato Starch Flour
1 teaspoon baking powder***
½ cup Ener-G Pure Rice Flour
½ cup chocolate chips▼

Preheat oven to 375°F. Whip 2 eggs. Set aside. Cream brown sugar and margarine together. Add the eggs and vanilla. Scrape bottom and sides. Mix well. Add potato starch, baking powder and rice flour. Mix 1 minute. Add chocolate chips and mix. Spoon out 1 Tablespoon size onto cookie sheet pan. Bake until done.

Potato Mix Buttermilk Quick Bread

1½ cups Ener-G Potato Starch Flour
1½ teaspoon baking soda***
¾ teaspoon baking powder▼▼
1 Tablespoon sugar
2 Tablespoons extra virgin olive oil
3 large eggs
½ cup buttermilk plus 1 Tablespoon
One lightly sprayed or buttered 9 x 5 x 2½" loaf pan

Preheat oven to 375°F. In a mixing bowl of an electric mixer or a medium mixing bowl, blend well the first four dry ingredients. Spray or butter lightly the loaf pan. Add the oil, eggs, and buttermilk. Start on a low-medium speed and mix 5-6 seconds. Scrape down sides and bottom

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of bowl if needed. Mix on medium-high for 10-12 seconds or until well blended with no lumps. Pour into the loaf pan and make sure the top is even. Place in oven to bake. Turn oven to 350°F. Bake for 30-32 minutes, or until middle springs back when lightly tapped. Remove from oven and let cool 2-3 minutes.

**This recipe does not work with Ener-G Egg Replacer and is not low protein*

***If you wish to avoid grains/gluten avoid alcohol extract and/or caramel color*

****If you wish to avoid sodium, potassium or corn starch you may substitute Ener-G Low Electrolyte baking soda (calcium carbonate)*

▼If you wish to avoid cow's milk and/or soy read the chocolate chip label carefully

▼▼This recipe does not work with Ener-G Low Electrolyte Baking Powder (calcium carbonate and citric acid)