VANILLAGOODS BAKING ACADEMY · BAKING FUNDAMENTALS

Course workbook

Gluten-Free Baking Basics

Flour blends, binders, real results



Intermediate · 4 video lessons · 26 minutes of video · Notes, quizzes and a practice log

By the end you'll be able to

- Choose or mix a gluten-free flour blend
- Use xanthan gum and psyllium correctly
- Bake gluten-free cake, cookies and bread

Inside

Start here: how to use this workbook and your lesson plan 2
Lesson 1 · Gluten-free flour blends explained 3
Lesson 2 · Binders: xanthan gum and psyllium 5
Lesson 3 · Gluten-free chocolate chip cookies 7
Lesson 4 · Gluten-free sandwich bread 9
Answer key 11
Key points from every lesson, and what to do next 12

Lesson videos by The Biblical Nutritionist, Sue Maree P, Clean & Delicious and fitfoodieselma, watched on YouTube from the course page.

This workbook belongs to _____

Free course: **vanillagoods.com/pages/baking-course/gluten-free-baking**

November 2026

START HERE

How to use this workbook

This workbook goes with the free video course **Gluten-Free Baking Basics** on vanillagoods.com. Watch each lesson there, then use these pages to keep what you learned and to track what you have practised.

1

Watch

Open the lesson page and watch the creator's video. Jot quick notes on the lined space as you go.

2

Read and tick

Read the VanillaGoods notes, then tick each key point once you can explain it in your own words.

3

Check and practise

Answer the three questions, compare with the answer key on page 11, then log your bake.

Your lesson plan

	LESSON	VIDEO	WATCHED	QUIZ	PRACTISED
1	**Gluten-free flour blends explained** Video by The Biblical Nutritionist	9 min	☐	☐	☐
2	**Binders: xanthan gum and psyllium** Video by Sue Maree P	7 min	☐	☐	☐
3	**Gluten-free chocolate chip cookies** Video by Clean & Delicious	6 min	☐	☐	☐
4	**Gluten-free sandwich bread** Video by fitfoodieselma	4 min	☐	☐	☐

Tools you'll see

Kitchen scale · Sifter · Airtight storage containers · Almond flour · Measuring spoons · Balloon whisk · Mixing bowls · Cookie scoop · Half-sheet pan · Silicone baking mat · Baking chocolate · 9×5 loaf pan · Stand mixer · Instant-read thermometer

Any brand works. The lessons show what each tool is for.

Keep track online too

On each lesson page, "Mark complete" saves your progress in your browser, with no account. Finish every lesson and the course page lets you print a free certificate of completion.

Gluten-free flour blends explained

Video by **The Biblical Nutritionist**: *"Stop Buying GF Flour – How To Make Gluten Free Flour Mix That Works!"*

vanillagoods.com/pages/baking-lesson/gluten-free-baking-1-gluten-free-flour-blends-explained

Why gluten-free baking uses a blend of flours and starches, what each part does, and how to mix or choose a blend that works.

Key points

- [ ] No single gluten-free flour behaves like wheat flour
- [ ] Blends pair whole-grain flours with starches
- [ ] Weigh the flour and let batters rest so they hydrate

Why a blend

Wheat flour brings protein, starch and gluten in one bag. Gluten-free bakers rebuild that balance from several ingredients: whole-grain flours for flavor and structure, and starches for lightness and binding. Many home blends are about 60% flour and 40% starch by weight.

What goes in

- Flours: brown or white rice, sorghum, millet, oat flour labeled gluten-free
- Starches: tapioca, potato starch, cornstarch
- Almond flour adds fat and moisture but cannot replace the whole blend
- Store-bought cup-for-cup blends usually include xanthan gum already; read the label before adding more
- Rest batters 20–30 minutes before baking to soften any gritty texture

Baking for someone with celiac disease

Use ingredients labeled gluten-free and wash tools, pans and counters first, because crumbs of wheat flour are enough to cause harm. Under FDA rules a gluten-free label means the food has less than 20 parts per million of gluten. Oats are often handled alongside wheat, so buy only oats labeled gluten-free.

TOOLS IN THIS LESSON: Kitchen scale · Sifter · Airtight storage containers · Almond flour

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 11.

1 Why do gluten-free recipes use a blend instead of one flour?

- (A) Blends are cheaper
- (B) No single gluten-free flour behaves like wheat flour
- (C) One flour would make the batter too sweet

2 What should you check before adding xanthan gum to a store-bought blend?

- (A) Whether the blend already contains it
- (B) The color of the flour
- (C) The date it was milled

3 What does a gluten-free label mean under FDA rules?

- (A) The food was made without flour of any kind
- (B) The food is safe for every allergy
- (C) The food has less than 20 parts per million of gluten

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Binders: xanthan gum and psyllium

Video by **Sue Maree P**: *"the softest gluten-free bread recipe: vegan and no xanthan gum"*

vanillagoods.com/pages/baking-lesson/gluten-free-baking-2-binders-xanthan-gum-and-psyllium

What xanthan gum and psyllium husk do in gluten-free baking, how much to use, and which one to reach for in cakes, cookies and bread.

Key points

- [ ] Binders do gluten's job of holding the bake together
- [ ] Xanthan gum suits cakes and cookies; psyllium suits bread
- [ ] Too much binder turns a bake gummy

What binders replace

Gluten gives dough its stretch and traps the gas that makes it rise. Without it, bakes crumble and spread. A binder forms a gel that holds the crumb together and keeps moisture in.

Which one, and how much

- Xanthan gum: about 1/4 teaspoon per cup of flour blend for cookies
- Xanthan gum: about 1/2 teaspoon per cup for cakes and muffins, and 1 teaspoon or a little more for yeast breads
- Psyllium husk: forms a stretchy gel with water, so bread dough can be kneaded and shaped
- Psyllium powder is stronger than whole husk, so follow the form the recipe names and weigh it
- Guar gum and ground flax or chia also bind, with a softer hold

Watch for

Measure binders exactly; a little too much gives a gummy, rubbery crumb. Whisk xanthan gum into the dry ingredients so it does not clump. If your blend already contains a gum, do not add more unless the recipe says so.

TOOLS IN THIS LESSON: Measuring spoons · Kitchen scale · Balloon whisk · Mixing bowls

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 11.

1 What job do binders do in gluten-free baking?

- (A) They hold the bake together the way gluten would
- (B) They make it sweeter
- (C) They replace the leavening

2 Which binder lets gluten-free bread dough be kneaded and shaped?

- (A) Cornstarch
- (B) Baking powder
- (C) Psyllium husk

3 What happens if you add too much xanthan gum?

- (A) The bake dries out
- (B) The crumb turns gummy and rubbery
- (C) The bake will not brown

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Gluten-free chocolate chip cookies

Video by **Clean & Delicious**: *"THE BEST CHOCOLATE CHIP COOKIES | gluten- free chocolate chip cookies recipe"*

vanillagoods.com/pages/baking-lesson/gluten-free-baking-4-gluten-free-chocolate-chip-cookies

Chewy gluten-free chocolate chip cookies: why the dough needs a rest, what keeps them from spreading, and when to take them out.

Key points

- [ ] Rest the dough at least 30–60 minutes
- [ ] Brown sugar and an extra yolk add chew
- [ ] Leave them on the tray 10 minutes; they are fragile when hot

Why the dough rests

A rest in the fridge gives gluten-free flours time to absorb the butter and egg. Rested dough spreads less, browns better and loses the sandy texture that fresh dough can have. Thirty minutes helps; overnight is better.

Step by step

- Use a blend that contains xanthan gum, or add about 1/4 teaspoon per cup
- Use more brown sugar than white for moisture and chew
- An extra egg yolk helps bind the dough
- Scoop even portions and chill them before baking
- Bake until the edges are set and golden and the centers still look soft

Watch for

The cookies finish setting on the hot tray, so give them 10 minutes before you move them. If a batch spreads too thin, chill the dough longer or add a spoonful more flour blend. Check that your chocolate chips are labeled gluten-free if you bake for someone with celiac disease.

TOOLS IN THIS LESSON: Cookie scoop | Half-sheet pan | Silicone baking mat | Baking chocolate

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 11.

1 What does resting the dough do?

- (A) It makes the cookies sweeter
- (B) It melts the chocolate
- (C) It lets the flours absorb moisture so cookies spread less

2 Which ingredient adds chew?

- (A) More white sugar
- (B) Brown sugar
- (C) More baking soda

3 Why leave the cookies on the tray for 10 minutes?

- (A) They are fragile when hot and finish setting on the tray
- (B) To make them crisp all the way through
- (C) To let the chips harden

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Gluten-free sandwich bread

Video by **fitfoodieselma**: *"How to Make the Best Gluten-free Bread | Easy Gluten-free Sandwich Bread Recipe"*
vanillagoods.com/pages/baking-lesson/gluten-free-baking-5-gluten-free-sandwich-bread

A soft gluten-free sandwich loaf: a dough closer to thick batter, one rise in the pan, a full bake and a long cool before slicing.

Key points

- [ ] The dough is soft and sticky, closer to a thick batter
- [ ] Bake to about 205–210°F (96–99°C) in the center
- [ ] Cool completely before slicing or the crumb turns gummy

How it differs

With no gluten to stretch, most gluten-free bread dough is wetter than wheat dough and is beaten in a mixer instead of kneaded. Many recipes skip the first rise: the dough goes straight into the pan and rises once. Psyllium-based doughs are firmer and can be shaped by hand.

Step by step

- Beat the dough in a stand mixer for several minutes until smooth
- Scrape it into a greased loaf pan and smooth the top with a wet spatula
- Let it rise in a warm spot until it just crowns above the rim
- Bake until deep golden and about 205–210°F (96–99°C) in the center
- Turn out of the pan and cool completely on a rack

Watch for

A loaf that rises too far before baking will sink in the oven, so bake as soon as it crowns the pan. Slicing while warm leaves a gummy crumb; give it at least two hours. Gluten-free bread stales quickly, so slice the cooled loaf and freeze what you will not eat in two days.

TOOLS IN THIS LESSON: 9×5 loaf pan · Stand mixer · Instant-read thermometer · Kitchen scale

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 11.

1 How does gluten-free bread dough usually look?

- (A) Stiff and dry
- (B) Soft and sticky, closer to a thick batter
- (C) Exactly like wheat dough

2 What temperature shows the loaf is baked through?

- (A) About 205–210°F (96–99°C)
- (B) About 150°F (65°C)
- (C) About 175°F (80°C)

3 What happens if you slice the loaf while it is warm?

- (A) It tastes sour
- (B) It goes stale faster
- (C) The crumb turns gummy

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

ANSWER KEY

Check your answers

One correct answer per question. If you missed one, the note explains why, and the lesson page has the full notes and the video.

1. Gluten-free flour blends explained

1 **B** Whole-grain flours bring flavor and structure and starches bring lightness and binding; together they stand in for wheat flour.

2 **A** Most cup-for-cup blends already include xanthan gum, and adding more makes bakes gummy.

3 **C** The FDA allows the gluten-free label only on foods with less than 20 parts per million of gluten.

2. Binders: xanthan gum and psyllium

1 **A** A binder forms a gel that holds the crumb together and keeps moisture in, which is the job gluten does in wheat baking.

2 **C** Psyllium forms a stretchy gel with water, so the dough can be handled and shaped like wheat dough.

3 **B** A little too much binder gives a gummy, rubbery crumb, so measure it exactly.

3. Gluten-free chocolate chip cookies

1 **C** Rested dough spreads less, browns better and loses the sandy texture fresh gluten-free dough can have.

2 **B** Brown sugar holds moisture, which keeps the cookies soft and chewy.

3 **A** Gluten-free cookies break easily while hot; they finish setting as they sit on the warm tray.

4. Gluten-free sandwich bread

1 **B** With no gluten to stretch, the dough is wetter than wheat dough and is beaten in a mixer instead of kneaded.

2 **A** Gluten-free loaves hold a lot of water, so bake to about 205–210°F in the center.

3 **C** The crumb sets as the loaf cools; slicing early leaves it gummy, so wait at least two hours.

WHEN YOU'VE FINISHED

Three things to do next

1

Mark each lesson complete

The "Mark complete" button on every lesson page saves your progress in your browser. No account, nothing to sign up for.

2

Print your certificate

Once all 4 lessons are marked complete, the course page prints a free certificate of completion with your name on it. It records what you finished; it is not an accredited qualification.

3

Bake it

Practice with VanillaGoods recipes that use what this course teaches.

vanillagoods.com/pages/recipes?q=gluten%20free

NEXT ON THE LEARNING PATH

Cheesecake Masterclass

Intermediate · Baked, no-bake and Basque

vanillagoods.com/pages/baking-course/cheesecake-masterclass

Free guide for this course: “Gluten-free flour blend guide”, Three tested blends with weights, and which binder each bake needs. Get it from the course page.

Baking with real vanilla? VanillaGoods keeps Madagascar, Uganda and Tahiti vanilla in stock, along with coffee and tea, at vanillagoods.com.

✧ Key points from every lesson

1. Gluten-free flour blends explained

- No single gluten-free flour behaves like wheat flour
- Blends pair whole-grain flours with starches
- Weigh the flour and let batters rest so they hydrate

2. Binders: xanthan gum and psyllium

- Binders do gluten's job of holding the bake together
- Xanthan gum suits cakes and cookies; psyllium suits bread
- Too much binder turns a bake gummy

3. Gluten-free chocolate chip cookies

- Rest the dough at least 30–60 minutes
- Brown sugar and an extra yolk add chew
- Leave them on the tray 10 minutes; they are fragile when hot

4. Gluten-free sandwich bread

- The dough is soft and sticky, closer to a thick batter
- Bake to about 205–210°F (96–99°C) in the center
- Cool completely before slicing or the crumb turns gummy

The lesson videos are by independent creators (The Biblical Nutritionist, Sue Maree P, Clean & Delicious and fitfoodieselma) and play in YouTube's own player on the lesson pages; this workbook links to them and copies nothing. Notes, key points, questions and this workbook are written by VanillaGoods for home bakers.

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