

Baking Staples

A fairly easy switch to make in baking is shifting away from white and wheat flours and opting instead for nut-based or root-based flours. It's important that you follow an actual recipe when using these paleo flours, as they have different textures and reactions with other common ingredients – it's not just a one-for-one replacement. You'll find in paleo baking that you use a lot more eggs (especially when using coconut flour). Whenever possible, try to use pastured eggs for optimal nutrition.

**these are the products I use most often*

FLOURS

- *Almond flour
- Arrowroot flour
- Cassava flour
- *Coconut flour
- Tapioca starch

The next switch to make is your sweeteners. In general, you want to limit sweet things because they can do a number on your blood sugar and insulin response. Remember, our goal is to keep sugar levels stable. However, this is real life and most of us enjoy a sweet treat from time to time, so let's at least find some healthier alternatives.

SWEETENERS

- *Coconut sugar
- *Honey
- *Maple syrup
- Stevia – I am not a fan of this because of the weird aftertaste, but you might like it
- Sugar alcohols like Xylitol

OTHER BAKING INGREDIENTS

Gluten-free oats (*use with caution as those sensitive to grains might react to this also*)

- *Allergen-free chocolate chips (Enjoy Life is a brand I use)
- *Unsweetened shredded coconut (also coconut butter)
- Unsweetened cocoa/cacao powder
- *Hemp hearts
- *Ground flax seed
- Chia seed