

Gluten and dairy free mixes for easy cooking and baking

Table of Contents

Mixes for Easy Cooking and Baking

Introduction

1. About These Mixes
2. Using the Base Gluten-Free Flour System
3. Notes on Hydration, Resting, and Texture

Part 1 — Sweet Baking Mixes

Sweet Baking Mix

- Pancakes
- Scones
- Blueberry Scone Adjustment

Brownie Mix

- Fudgy Brownies

Cookie Mixes

Soft Cookie Mix

- Soft Chocolate Chip Cookies

Crispy Cookie Mix (Danish Style)

- Lemon Curd Cookie Bars

Pumpkin Pie Mix

- Basic Pumpkin Pie
- Pumpkin Custard Cups
- Pumpkin Bread Using the Mix
- Pumpkin Pancakes

Daily Instant Cacao Mix

Pudding / Custard Mix

- Stovetop Pudding
- Custard Variation

Part 2 — Savory Baking Mixes

Savory Baking Mix

- Savory Biscuits

“Fake” Rye Bread Mix (Sorghum Based)

- Rye-Style Bread

Basic Bread / Roll / Bagel Mix

- Basic Bread Dough
- Rolls
- Bagels

Pizza Dough Mix

- Pizza Dough

Pie Crust Mix

- Pie Crust

Part 3 — Base Flour System

Original Gluten-Free Yeast Dough Mix

- Dry Ingredients
- Wet Ingredients
- Bread Instructions
- Roll Instructions
- Pizza Instructions

Part 4 — Notes, Scaling & Development

Recipe Development Notes

- Hydration Behavior
- Resting Times
- Texture Adjustments
- Suggested Future Experiments

Scaling Up the Base Mix

- Half 5-Gallon Bucket Batch
- Mixing Method
- Storage Notes
- Yield Estimates

Future Experiments

- Tapioca Adjustments
- Croissant Development
- Bagel Texture Improvements

Optional Future Sections

You already have enough material forming naturally into categories. As the collection grows, these future sections would fit very well:

- Freeze-Dried Pantry Staples
- Outdoor Summer Cooking
- Sourdough & Fermentation
- Food Preservation Recipes
- Homestead Convenience Foods
- Gluten-Free Danish Baking
- Garden-to-Pantry Recipes
- Low-Energy Cooking Systems
- Bulk Mixes for Long-Term Storage

Your PDF already reads much more like the beginning of a real cookbook system than just recipe notes. The structure is surprisingly coherent already.

Baking mix recipes

SWEET BAKING MIX

(Half Gallon Jar)

Ingredient	Amount
Your base flour mix	4½ cups
Freeze dried egg powder	1 cup
Cashew milk powder	1 cup
Coconut sugar	½–¾ cup
Baking powder	¼ cup
Salt	1 tsp
Vanilla powder optional	1 tbsp

PANCAKES

(Using Sweet Mix)

Ingredients

Ingredient	Amount
Sweet baking mix	2 cups
Water or plant milk	¾–1 cup
Oil or melted fat	2 tbsp
Vanilla optional	1 tsp

Instructions

1. Mix ingredients
2. Rest 5–10 minutes
3. Adjust liquid if needed
4. Cook on greased skillet

SCONES

(Using Sweet Mix)

Ingredients

Ingredient	Amount
Sweet baking mix	2 cups
Cold fat	1/3 cup
Water or plant milk	Start with 1/3 cup

Optional:

- dried fruit
- berries
- spices

Instructions

1. Preheat oven to 400°F
2. Cut fat into mix
3. Add liquid slowly
4. Rest dough 5–10 minutes
5. Shape into circle
6. Cut wedges
7. Bake 15–20 minutes

BLUEBERRY SCONE ADJUSTMENT

Ingredient	Amount
Sweet baking mix	2 cups
Cold fat	1/3 cup
Canned blueberries	1/2–3/4 cup
Reserved juice	0–3 tbsp only if needed

SAVORY BAKING MIX

(Half Gallon Jar)

Ingredient	Amount
Your base flour mix	5½ cups
Freeze dried egg powder	¾ cup
Cashew milk powder	½ cup
Baking powder	3 tbsp
Salt	2 tsp

IMPORTANT NOTE

Homegrown freeze dried onion/garlic powders are MUCH stronger than store bought.

Per HALF GALLON mix:

- use only 1–2 tsp onion powder
 - use only 1–2 tsp garlic powder
- OR:
- leave mix plain
 - season individual recipes instead

SAVORY BISCUITS

Ingredients

Ingredient	Amount
Savory baking mix	2 cups
Cold fat	¼–⅓ cup
Cold water or plant milk	Start with ⅓ cup

Add more liquid ONLY if needed.

Instructions

1. Preheat oven to 425°F
2. Cut fat into mix
3. Add liquid slowly
4. Rest dough 5–10 minutes
5. Fold once or twice only
6. Freeze 10–15 minutes before baking optional
7. Bake 15–20 minutes

BROWNIE MIX

(Half Gallon Jar)

Ingredient	Amount
Your base flour mix	2½ cups
Cocoa or carob powder	1½ cups
Freeze dried egg powder	¾ cup
Cashew milk powder	¾ cup
Coconut sugar	2 cups
Salt	1 tsp

BROWNIES

(Using Brownie Mix)

Ingredients

Ingredient	Amount
Brownie mix	2 cups
Oil or melted fat	½ cup
Water or plant milk	½ cup
Vanilla optional	1 tsp

Instructions

1. Preheat oven to 350°F
2. Mix ingredients
3. Rest batter 5–10 minutes
4. Bake in 8x8 pan
5. Bake 22–30 minutes
6. Cool completely before cutting

COOKIE MIX

(SOFT COOKIES)

Ingredient	Amount
Your base flour mix	3½ cups
Freeze dried egg powder	¾ cup
Cashew milk powder	¾ cup
Coconut sugar	1½ cups
Baking soda	2 tsp
Salt	1 tsp

SOFT CHOCOLATE CHIP COOKIES

Ingredients

Ingredient	Amount
Cookie mix	2 cups
Softened fat	½ cup
Water or plant milk	2–4 tbsp
Vanilla optional	1 tsp
Chocolate chips	½ cup

Instructions

1. Preheat oven to 350°F
2. Mix ingredients
3. Rest dough 10 minutes
4. Scoop onto tray
5. Flatten slightly
6. Bake 10–14 minutes

CRISPY COOKIE MIX

(Danish Style)

Ingredient	Amount
Your base flour mix	3 cups
Purple sweet potato flour	1¼ cups
Cashew milk powder	½ cup
Freeze dried egg powder	¼ cup
Coconut sugar (ground fine)	2–2¼ cups
Baking soda	1 tsp
Salt	1 tsp

Optional:

- cardamom
- cinnamon
- vanilla powder
- orange peel powder

LEMON CURD COOKIE BARS

Ingredients

Ingredient	Amount
Cookie dough	About 2 cups prepared dough
Lemon curd	Thin layer

Instructions

1. Press most dough into pan
2. Spread lemon curd
3. Crumble remaining dough on top
4. Bake at 350°F
5. Bake 20–25 minutes
6. Cool before cutting

PUMPKIN PIE MIX

(Half Gallon Jar)

Ingredient	Amount
Freeze dried pumpkin powder	3 cups
Coconut sugar	1–1½ cups
Cashew milk powder	1 cup
Freeze dried egg powder	¾ cup
Cinnamon	2 tbsp
Ginger	2 tsp
Nutmeg	1 tsp
Clove	¼–½ tsp
Salt	1 tsp

Optional:

- vanilla powder
- maple sugar

Basic Pumpkin Pie Recipe

Ingredients

Ingredient	Amount
Pumpkin pie mix	2 cups
Pumpkin or squash purée	2 cups
Eggs OR egg equivalent	3 eggs
Dairy-free cream or Nutpods	1 to 1½ cups
Vanilla	1 tsp
Optional maple syrup	2–4 tbsp

If your mix already contains sweetener and spices:

- start with less sweetener
- adjust after tasting

Directions

1. Preheat Oven

- 375°F

Prepare:

- one 9-inch pie crust

Parbaking the crust for:

- 8–10 minutes

helps prevent sogginess.

2. Mix Filling

In a bowl combine:

- pumpkin purée
- pumpkin pie mix
- eggs
- cream
- vanilla

Mix until completely smooth.

Let rest:

- 5 minutes

This helps the starches hydrate evenly.

3. Fill Pie Shell

Pour filling into crust.

Tap gently:

- to release air bubbles.

4. Bake

Bake:

- 45–60 minutes

The pie is done when:

- edges are set
- center still has a slight jiggle

Do not overbake.

Gluten-free pies continue setting while cooling.

5. Cool Completely

Very important.

Cool:

- at least 2–4 hours

Best texture:

- after chilling overnight

Pumpkin Custard Cups

Instead of pie crust:

- pour into ramekins or jars

Bake at:

- 325°F

for:

- 30–40 minutes

These freeze surprisingly well.

Pumpkin Bread Using The Mix

Ingredients

Ingredient	Amount
Pumpkin pie mix	2 cups
Pumpkin purée	1 cup
Eggs	2
Oil	$\frac{1}{3}$ cup
Water or plant milk	$\frac{1}{4}$ – $\frac{1}{2}$ cup

Bake:

- 350°F
- 45–60 minutes

Works well with:

- pecans
- raisins
- freeze-dried apples
- cranberries

Pumpkin Pancakes

Mix:

- 1 cup pumpkin pie mix
- $\frac{1}{2}$ cup pumpkin purée
- 1 egg
- enough liquid for pancake batter

Let rest:

- 5–10 minutes

before cooking.

PUDDING / CUSTARD MIX

(Half Gallon Jar)

Ingredient	Amount
Cashew milk powder	2 cups
Freeze dried egg powder	1 cup
Coconut sugar	1-1½ cups
Sweet potato starch OR arrowroot future	1 cup
Salt	1 tsp
Vanilla powder optional	1 tbsp

Optional:

- cocoa powder
- pumpkin powder
- cinnamon

TO MAKE PUDDING

Ingredients

Ingredient	Amount
Pudding mix	½ cup
Water	2 cups

Instructions

1. Whisk together
2. Cook over medium heat
3. Stir constantly
4. Cook until thick
5. Cool slightly before serving

TO MAKE CUSTARD

Use:

- slightly less liquid
OR
- extra egg powder

Bake in water bath if desired.

DAILY INSTANT CACAO MIX

(Half Gallon Jar)

Ingredient	Amount
Cocoa powder OR roasted carob	2 cups
Cashew milk powder	2 cups
Coconut sugar	1½–2 cups
Collagen powder	½ cup
Vanilla powder	1 tbsp
Salt	1 tsp
Cinnamon optional	1–2 tbsp

“FAKE” RYE BREAD MIX (Sorghum Based)

Dry Mix

(Half Gallon Jar)

Ingredient	Amount
Sorghum flour	3 cups
Your base flour mix	2 cups
Freeze dried egg powder	¾ cup
Cashew milk powder	½ cup
Psyllium husk powder	2 tbsp
Caraway seeds	1–2 tbsp
Cocoa powder	1 tbsp
Salt	2 tsp
Instant yeast optional	2 tbsp

Optional:

- freeze dried sourdough starter
- onion powder
- molasses powder

TO MAKE RYE-STYLE BREAD

Ingredients

Ingredient	Amount
Rye bread mix	3 cups
Warm water	1½–1¾ cups
Oil or fat	2 tbsp
Sweetener optional	1 tbsp

Instructions

1. Mix ingredients
2. Dough should be thick and sticky
3. Rest 10–15 minutes
4. Shape into loaf
5. Refrigerate overnight optional
6. Bring to room temperature
7. Bake at 375°F
8. Bake 45–60 minutes

BASIC BREAD / ROLL / BAGEL MIX

(Half Gallon Jar)

Ingredient	Amount
Your base flour mix	5 cups
Arrowroot starch	1 cup
Freeze dried egg powder	1 cup
Cashew milk powder	$\frac{3}{4}$ cup
Psyllium husk powder	3 tbsp
Salt	2 tsp
Sugar or honey powder	2 tbsp
Instant yeast	3 tbsp

If no tapioca yet:

- use extra base mix
OR
- sweet potato flour/starch

BASIC BREAD DOUGH

Ingredients

Ingredient	Amount
Bread mix	3 cups
Warm water	1½–2 cups
Oil	2 tbsp

Instructions

1. Mix ingredients
2. Rest 10 minutes
3. Knead lightly
4. Rise 45–60 minutes
5. Shape
6. Rise again
7. Bake at 375°F

ROLLS

Bake:

- 20–25 minutes

BAGELS

Additional Steps

1. Shape rings
2. Boil 30–60 seconds per side
3. Bake at 425°F
4. Bake 20–25 minutes

PIZZA DOUGH MIX

(Half Gallon Jar)

Ingredient	Amount
Your base flour mix	4½ cups
Tapioca starch future addition	1½ cups
Freeze dried egg powder	¾ cup
Cashew milk powder	½ cup
Psyllium husk powder	2 tbsp
Salt	2 tsp
Instant yeast	2 tbsp
Garlic powder optional	1 tsp

PIZZA DOUGH

Ingredients

Ingredient	Amount
Pizza mix	3 cups
Warm water	1¼–1½ cups
Oil	2 tbsp

Instructions

1. Mix dough
2. Rest 10 minutes
3. Spread onto pan
4. Rise 20–30 minutes
5. Prebake 8–10 minutes
6. Add toppings
7. Finish baking

PIE CRUST MIX

(Half Gallon Jar)

Ingredient	Amount
Your base flour mix	4 cups
Sweet potato flour/starch	1 cup
Cashew milk powder	½ cup
Freeze dried egg powder	¼ cup
Salt	1 tsp

Optional:

- coconut sugar for sweet pies

PIE CRUST

Ingredients

Ingredient	Amount
Pie crust mix	2 cups
VERY cold fat	½ cup
Ice water	3–6 tbsp

Instructions

1. Cut fat into mix
2. Add ice water slowly
3. Dough should barely hold together
4. Chill 30 minutes
5. Roll between parchment
6. Bake as needed

Base gluten free flour mix notes and recipes

Original Gluten-Free Yeast Dough Mix

Dry Ingredients

Ingredient	Amount
Cassava flour	1 ½ cups
Almond flour	1 cup
Sweet potato starch	¾ cup
Psyllium husk	1 tbsp
Xanthan gum	1 tsp
Collagen powder	6 tbsp
Gelatine	1 tbsp
Sugar/honey/maple syrup	1 tbsp
Salt	1 tsp

You also noted:

- total dry weight \approx 500 g
- texture should resemble thick cake batter
- dough works for:
- bread
- hard rolls
- pizza

And your wet mix is:

Ingredient	Amount
Eggs	4
Warm water	1 cup
Avocado oil	¼ cup
Sourdough starter	½ cup

(or yeast instead of starter)

Small changes to the other baking mixes:

Here is what I would adjust moving forward based on your finalized formula.

Mix	Changes Needed?	Notes
Brownie mix	No major changes	Already works because structure comes mostly from eggs/fat
Pancake mix	Slightly more liquid	Psyllium absorbs over time
Cookie mix	Usually no	Rest dough before baking
Pie crust	Maybe slightly less psyllium	For tenderness
Bread/roll mix	Already optimized	This IS the master recipe
Pizza mix	Excellent as-is	High hydration works well
Bagels	Increase psyllium slightly	For chew
Croissant experiments	Add tapioca or glutinous rice flour	For stretch/lamination
Pumpkin breads	Excellent fit	Pumpkin works beautifully with collagen/gelatin
Biscuits	Keep dough colder	Your structure is already good

One Very Important Thing

Now that I see the finalized version:

Your hydration is deceptively high.

Psyllium + collagen + gelatin together absorb a LOT of liquid over time.

This means:

- fresh dough = loose
- rested dough = much firmer

So for future mixes:

- always include a resting step
- especially for cookies, pancakes, muffins, and breads

Scaling Up The Recipe

Dry Ingredients

Ingredient	Amount
Cassava flour	15 cups
Almond flour	10 cups
Sweet potato starch	7½ cups
Psyllium husk	10 tbsp
Xanthan gum	10 tsp
Collagen powder	3¾ cups
Gelatine	10 tbsp
Sugar/maple sugar	10 tbsp
Salt	10 tsp

Weight

Approximate dry weight:

- 5,000 grams
- 5 kg
- about 11 pounds

Batch Notes

Mixing

Best Mixing Method

Layering Method

In bucket:

1. Add some cassava
2. Add starches
3. Add powders
4. Repeat in layers

Then:

- whisk/stir thoroughly
- seal
- shake bucket several times over a day

This distributes the gums much more evenly.

One More Adjustment

For large storage batches:

Mix xanthan + psyllium into the starch first

before adding heavier flours.

Otherwise:

- gums can settle
- clump pockets can form

Commercial GF bakeries often do this too. Yield Estimates

This half bucket should make approximately:

Product	Approximate Yield
Sandwich breads	10 loaves
Dinner rolls	120–160
Pizza crusts	20–25
Bagels	60–80

depending on recipe enrichments.

Things to Test Later

Your formula is already excellent, but eventually I would experiment with:

- 5–10% tapioca starch

in place of some cassava or sweet potato starch.

Not because your recipe is lacking —
but because tapioca can improve:

- stretch
- blistering
- chew
- croissant lamination
- bagel texture

especially in yeast doughs.