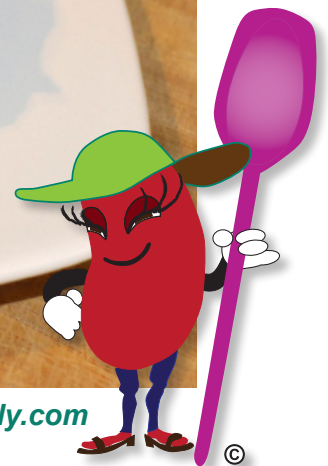


Beans, Rice And Everything Nice

Gluten-Free Baking Powder Biscuits



original recipe by beansriceeverythingnice.weebly.com



Ingredients

makes 9 biscuits

3/4 cup soy milk

2 teaspoons rice vinegar

5 Tablespoons aquafaba
(liquid from a can of chickpeas)

255 grams/9 ounces
(about 2 cups Bob's Red Mill
Gluten-free flour blend)

1/2 teaspoon salt (optional)

1 teaspoon sugar

1-1/2 teaspoons psyllium husk
powder

4 teaspoons baking powder

1/2 of a small avocado
(about 1/4 cup)

1. Add 5 Tablespoons of the liquid drained from one can of chickpeas (aquafaba) into a small mixing bowl. Stir 2 teaspoons rice vinegar into the soy milk, and set aside to thicken. Add the flour blend, salt, sugar, baking powder, psyllium husk powder, and baking powder to a medium mixing bowl and whisk to combine. Using a potato masher, mash the avocado into the flour, working it in until the mixture has a uniform crumbly texture. Set aside.
2. Add the sour soy milk to the aquafaba in the mixing bowl and whisk until slightly frothy. Stir the soy milk and aquafaba mixture into the flour mixture with a spatula until thoroughly incorporated. Don't worry about over mixing. Make sure no flour pockets remain. Cover the bowl and set aside for 30 minutes while you preheat the oven to 232C / 450F
3. Line a baking sheet with a piece of parchment paper or a silicone mat. Drop about 1/4 cup of the batter at a time onto the baking sheet to form about 9 loose balls. Smooth the tops a bit, if desired. Bake in the preheated oven for 8 minutes, rotate the baking sheet and bake for another 7 minutes (15 minutes in total) until golden brown. Let sit to cool and set at least 10 minutes before serving.