

Garfava Roll/Danish/Pizza Crust Mix

(also good for bagels & breadsticks)

1½ C garfava flour (or chickpea)

1½ C tapioca flour

3 tsp xanthan gum

3 tsp baking powder

1 tsp salt

4 tsp *Egg Replacer*™ (or 2 eggs if you can tolerate eggs)

⅔ C oil

1 C *DariFree*™ milk or milk substitute of any type

1+ C sparkling water or club soda until the batter is creamy

Mix dry ingredients in a bowl. Add liquid ingredients and mix well.

Batter will be light and kind of fluffy. If necessary, add more club soda or water.



To Make Pizza Crust

This recipe will make two pizza crusts and the size will depend upon whether you like thin or thick crust.

Place ½ of the batter on a greased cookie sheet or baking sheet.

Using either your wet fingers or a greased or wet spatula, spread the batter out to the thickness you think that you desire.

You will have to experiment a bit on this the first or second time.

Bake the crust for about 10 or more minutes until it starts to look fairly baked. Then top with your favorite sauce, and toppings. Return to the oven and bake another 10 minutes more or until done. (*Over*)



To Make Rolls

We like to add dry, minced onion flakes and garlic powder/salt to our batter for a different taste. You can add any or no herbs to yours. Try a taste test by dividing the batter in half and add herbs, onion flakes, etc. to half the batter and leave half of the batter plain. Grease muffin tins.

This will make about 18(+/-), depending upon how full you fill the muffin tins. Place the batter into a plastic ziplock bag. Cut off one corner of the bag (about ½” or less of an opening). Pipe the batter into the muffin tins filling about ½ or ⅔ for smaller rolls, and more for larger rolls. Bake about 18 to 24 minutes or until lightly golden but not too brown. The baking time depends upon the size of your rolls and the accuracy of your oven.

These will freeze well, and are good on day 2 as well. You can use English muffin rings or hamburger bun pans to make larger rolls. Smooth out the tops of the rolls with either a spatula or wet fingers.

To Make Danish

Place the batter into a ziplock bag with a corner cut off. Pipe the batter onto a greased cookie sheet. Pipe the batter into circles; start in the center and wind around the center circle until you have made the desired size circle. This will make about 18 or more medium-sized Danish.

Make a small indentation in the center and fill with about ¼ teaspoon of your favorite jam or jelly. Bake 18 or so minutes until the bottom starts to just turn light golden color. Let cool, then drizzle with a confectioners’ glaze. These freeze well and are delicious.