

5 XANTHAN GUM SUBSTITUTES

PSYLLIUM HUSK POWDER

use twice as much psyllium husk powder as xanthan gum.

AGAR AGAR

dissolve 1/4 tsp of agar agar in 1 TBS of water.

Heat on low 3 to 5 minutes or until fully dissolved

UNFLAVORED GELATIN POWDER

use twice as much gelatin powder as xanthan gum.

KONJAC POWDER

use one for one with xanthan gum for most recipes

FLAXSEED MEAL

stir together same amount of flaxseed meal as xanthan gum with twice as much water. Let stand 3 to 5 minutes until a gel forms. Add with wet ingredients in recipe.