126 mm
280 mm
154 mm
50 mm
64,6 mm
Best Before
70,4 mm
We are so pleased you've chosen our naturally gluten free flour! For hundreds of delicious gluten free recipes visit us at freee-foods.co.uk.
freee
My gluten free journey began in 1999 when I discovered how difficult it was to find suitable grains and foods for a gluten free diet. The distinctive attributes of alternative grains and their ability to create spectacular dishes is still my inspiration.
Rice is a popular grain with different varieties grown by many cultures worldwide. A versatile ingredient, **Rice Flour** can be used to make savoury dishes and many sweet treats. It is also effective at thickening both sweet and savoury sauces.
Today there is an increasing need for foods free from gluten and other allergens including milk, peanut, egg and soya. Unlock a world of FREEE baking with our back of pack recipes.
You can visit **freee-foods.co.uk** for more recipe inspiration and browse our award winning FREEE breakfast cereals, pasta, cookies and oat bars.
Clare
FOUNDER, FREEE
freee
FREE FROM GLUTEN
rice flour
HOME BAKING
Sultana scones recipe on reverse. Creamy in colour and neutral in flavour rice flour is embraced by many sweet and savoury dishes. It makes great puddings, biscuits and baked goods and can be used to thicken sauces.
freee
GLUTEN FREE Rice Flour
A naturally gluten free flour blend made with brown and white rice
NUTRITION
Typical values | Per 100g
Energy | 1584kJ 374kcal
Fat | 2.0g
of which saturates | 0.7g
Carbohydrate | 77g
of which sugars | 0.3g
Fibre | 3.9g
Protein | 7.8g
Salt | 0.03g
Ingredients: white rice, brown rice.
Best before: see top.
Storage: to keep your flour at its best, roll down the top after use and store in a cool, dry place.
Packaging material: paper.
Milled in the UK with EU & Non-EU Rice.
Always cook flour before consumption.
1Kg e
Dowes Farm Foods Ltd
Salisbury Road, Hungerford,
Berkshire, RG17 0RF, UK.
Dowes Farm Foods Ltd,
Via San Geroldo, 6,
26100 Cremona, Italy
V2
@freeeFoods / freee-foods.co.uk
Go free from gluten when you bake with our flour. To make your baking also free from dairy try our suggested **ingredient swaps, shown in black.**
SULTANA SCONES
Oven 190°C, Fan 170°C, 375°F, Gas 5
250g FREEE Rice Flour
5 tsp FREEE Baking Powder
1 tsp FREEE Xanthan Gum
50ml Oil
1 tbsp Golden syrup
75g Sugar
1 Lemon, squeezed
100g Sultanas
Water to mix and brush
Oil for tray
1. Rub some oil around the inside of a large baking tray or insert a baking liner and pre-heat the oven.
2. Put the rice flour, baking powder and xanthan gum into a bowl, stir to combine and sieve into a mixing bowl.
3. Drizzle the oil and syrup over the flour and blend with a fork until the mixture resembles breadcrumbs. Stir in the sugar.
4. Squeeze the lemon juice into a jug and add water to reach 200ml of liquid.
5. Pour the liquid into the bowl and stir quickly to make a soft, spongy dough.
6. Stir in the sultanas. Spoon into 12 piles of dough on the prepared baking tray.
7. Gently tease the piles of dough into circles, brushing the tops and sides with water.
8. Bake for 20–28 minutes, until golden brown.
VANILLA COOKIES
Oven 190°C, Fan 170°, 375°F, Gas 5
100g FREEE Rice Flour
1 tsp FREEE Baking Powder
75g Butter (or vegan butter)
75g Sugar
1 tbsp Milk (or vegan milk)
2 tsp Vanilla extract
4 tsp Water
Oil for tray
1. Rub some oil around the inside of a large baking tray or insert a baking liner and pre-heat the oven.
2. Put the flour and baking powder into a bowl and stir to combine.
3. Put the butter and sugar into another bowl and beat until smooth. Beat in the milk and vanilla extract.
4. Add the prepared flour and mix well. Stir in the water to make a soft dough. If very soft, chill the dough for 10 minutes.
5. Divide the mixture into 24-30 pieces and roll each into a ball.
6. Transfer the dough balls to the prepared baking tray, flatten them slightly and bake for 20-22 minutes.
7. Store cold biscuits in an airtight tin.
PANCAKE DROP SCONES
75g FREEE Rice Flour
½ tsp FREEE Baking Powder
¼ tsp FREEE Xanthan Gum
Pinch Salt
200ml Water
Oil for pan
Syrup for serving
1. Put the flour, baking powder, xanthan gum and salt into a large bowl or jug and stir to combine.
2. Add the water and beat to make a smooth batter.
3. Lightly oil a frying pan and get it nice and hot.
4. Pour batter into the pan to make 75mm (3") circles and cook on a medium heat.
5. When bubbles appear on the surface and the base is lightly golden, turn the pancakes over and cook the other side.
6. Transfer cooked pancakes to a plate and repeat until the batter is used.
7. Serve warm or toasted with syrup.
Rice Flour, Free From Gluten
freee
5 011766 010089 >
MARRONE 7504 U
CYAN
MAGENTA
NERO
17 mm
60 mm
100 mm
60 mm
100 mm