



I created several baking mixes over the years because I wanted my kids and the metabolic community to not only “have their cake and eat it too” but also have breads, cookies, pizza, waffles, brownies, muffins, and so on and be able to eat them too! Here is a chart to help guide you on what mix works best for your low protein baking journey:



**LIVELOVELEARN**  
LOW PROTEIN  
created by Lynn



	Wheat Starch	Baking Mix	MixQuick	Wel-Made
Created:	2000	2000	2002	2020
What is it?	Pure starch which is low in protein and processed from wheat	All-purpose baking mix to replace flour	All-purpose batter mix intended to mimic Bisquick	All-purpose baking mix to replace flour and Wel-Plan
Key Ingredients:	None (pure starch)	<ul style="list-style-type: none"> <li>✓ fat</li> <li>✓ xanthan gum</li> </ul>	<ul style="list-style-type: none"> <li>✓ fat</li> <li>✓ xanthan gum</li> <li>✓ leavening agent</li> </ul>	<ul style="list-style-type: none"> <li>✓ fat (less than Baking Mix)</li> <li>✓ xanthan gum</li> </ul>
Best for:	Pizza crusts, thickener for gravy or sauce <ul style="list-style-type: none"> <li>• will require added fat &amp; leavening to act more like the other mixes</li> </ul>	Quick breads, cakes, muffins <ul style="list-style-type: none"> <li>• makes a more moist texture best for desserts</li> </ul>	Pancakes, waffles, biscuits, coffee cake <ul style="list-style-type: none"> <li>• self-rising with a wide range of applications</li> </ul>	Bread, rolls, cookies <ul style="list-style-type: none"> <li>• makes a lighter, fluffier texture ideal for breads</li> </ul>
Lynn's favorite recipes: (cambrooke.com)	Wheat Starch Pizza Dough and Mandazi (fried bread)	Brooke's Favorite Bread Machine Recipe and Zucchini Bread	Vegetable Casserole with Baked Biscuits and Apple Cider Doughnuts	Cornbread and Cookie on a Stick

### Low Protein Baking Ingredients and how they affect baking:

**Wheat Starch:** all Cambrooke mixes contain Wheat Starch to help thicken and improve texture in place of flour which is higher in protein.

**Leavening agent:** an ingredient that assists in rising and expanding of doughs and batters such as baking soda or powder.

**Xanthan Gum:** a soluble fiber that supports texture, elasticity, and volume in baking.

**Sugar:** added to all mixes (besides Wheat Starch) to help keep baked products soft, moist and tender. It also aides in browning.

**Fat:** in all mixes as cottonseed oil and canola oil (besides Wheat Starch) to enhance flavor, texture and moisture.

