

Arrowroot Baking Powder

Makes a four-ounce jar

Ingredients

1 tablespoon baking soda
1 tablespoon arrowroot powder
2 tablespoons cream of tartar

Direction

1. Mix the baking soda and cream of tartar in a small bowl
2. Once these ingredients are mixed together they can be used the same as you would use regular baking powder in a recipe.

Recipe Notes: If your recipe includes yogurt, kefir, buttermilk, lemon juice or vinegar, there is no need to mix up baking powder. Just use baking soda alone and the acidity already included in the recipe will activate it to provide the desired dough leavening effect with no cream of tartar.

Arrowroot Baking Powder

Ingredients:

1/4 tsp Baking Soda
1/2 tsp Cream of Tartar
1/4 tsp Cornstarch (or Arrowroot Powder)

Directions:

Mix the three ingredients together to make one teaspoon. I used my herb grinder to make sure all the small lumps were grounded up to blend in well with the rest of the ingredients.

Direction

1. Mix the baking soda and cream of tartar in a small bowl
2. Once these ingredients are mixed together they can be used the same as you would use regular baking powder in a recipe.

Notes: This recipe can also be made with one tablespoon baking soda, one tablespoon arrowroot, and two tablespoon cream of tartar to four ounces of arrowroot baking that will last about one month in an airtight jar. Moreover, while normal (Betty Crocker) pancakes using 3 teaspoons of regular baking powder, this arrowroot baking powder only uses 2-1/4 teaspoons. However, both methods make pancakes of very similar taste.

In other words, this baking powder substitute is not an equal one to one substitute, which is why I added its recipe. I would venture to say that the same would be true in using it to bake cakes and other baked goods needing some form of baking powder.