

Title of Workshop : Healthy Gluten Free and Sugar Alternatives in Cooking and Baking

Length 60 minutes

Intended Audience Amherst Sustainability Fair goers

Objectives :

- By the end of this workshop participants will be able to identify both gluten free and sugar alternatives to use while cooking and baking and who needs/benefits from their use.
- participants will leave having the resources to go home and make at least two gluten free recipes that use both healthy, nutrient rich, gluten free flours/ingredients and sugars.

Materials :

- List of healthy gluten free and sugar alternatives and nutritional value
- Almond flour/ nut flours
- Oat flour
- Coconut flour
- Garbanzo bean flour
- Bob's Red Mill Gluten Free Baking Mix
- Pamela's Gluten Free Pancake and Baking Mix
- Brown rice flour
- Sorghum flour
- Buckwheat flour
- Amaranth flour
- Flax seed meal
- Coconut palm sugar
- Honey
- Agave nectar
- Maple syrup
- Raw sugar
- Blackstrap molasses
- Information on: Celiac Disease, gluten intolerance and gluten sensitivity, obesity and diabetes.
- Flyers with recipes to hand out
- Samples of gluten free and sugar alternative baked good
- 3-way board with talking points

Overview of Workshop:

Workshop Opening: Overview talking points: (10-15 min)

- Why gluten free? Who needs it and is it healthier?
- Why use sugar alternatives?

During the Workshop

- Introduce healthy gluten free alternatives one by one, their nutritional value and how to use them. (15-20 min)

- Introduce healthier sugar alternatives one by one, their nutritional value and their glycemic index, and ways to substitute them in recipes. (10-15 min.)

Workshop Closing Close by reiterating key points and health benefits. (5-10 min)

- Handout samples and flyers
- Answer any lingering questions