

Make your own Baking Powder



Baking Powder contains aluminum. Even “aluminum free” baking powders may contain some aluminum. Many people get this mixed up and think Baking Soda contains aluminum but it doesn't. Only baking powder may contain some aluminum. So... make your own.

Homemade Baking Powder Ingredients ≈ to replace equivalent amount of baking powder:

- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 1 teaspoon organic non-GMO corn starch
- OR arrowroot powder (*optional; to prevent caking*)

Mix together and store in a glass jar or container of your choice. To make a whole jar of homemade baking powder, there are 48 teaspoons (US) or 16 tablespoons in a cup.

ACV alternative ≈ use while baking to replace 1 tsp of baking powder:

- 1/2 tsp apple cider vinegar (ACV)
- 1/4 tsp baking soda

When baking, add the soda to the dry and add ACV to the liquid. Because when you combine the 2 you will get an immediate chemical reaction (think; science fair project volcano). It is this reaction that causes the “fluffiness” in the baked goods, or, the first rise of double acting baking powder.

Baking soda is comprised of just one thing: sodium bicarbonate. Baking powder, on the other hand, is not just one thing. Baking powder is made of baking soda combined with one or more solid acids and a starch.

“Double acting” baking powder contains the solid acids sodium aluminum sulphate and sodium aluminum phosphate (this is where the aluminum concerns come from). It is possible however, to have a double acting baking powder that has only one acid component: Monocalcium phosphate; which, when used in the right proportion with baking soda, reacts during the batter-mixing process and then again when heated. This is the double acting baking powder that can be labeled as “aluminum-free.”

Why do some baking powders claim to be “GMO-free” on the labels? Because baking powders contain a starch. Besides absorbing moisture, the starch component makes pouring easier and provides more volume for easier measurement. The starch can be derived from potatoes or (possibly genetically modified) corn.

What is cream of tartar? Well, it's not creamy. It's a dry, powdery, acidic, by-product of fermenting grapes into wine. Technically, it is potassium bitartrate, aka potassium hydrogen tartrate, or tartaric acid.

