

Gluten-free flours raising Kickstarter dough

By Rene Lynch, Los Angeles Times

Shauna Ahern, better known in the online world as Gluten-Free Girl, will tell you upfront: You can make gluten-free and grain-free flour blends yourself.

She has this DIY starter guide on her website. But, um, unless you're an experienced baker with plenty of time for trial-and-error-type experimentation, it looks intimidating. And not a week goes by without readers reaching out to Ahern to ask whether they could just buy Ahern's blend because they just don't have the time, or energy, to take the DIY route.

"People kept asking us if we'd sell it, and finally we thought, 'Well, maybe we should,'" Ahern said.

Ahern and her chef husband, Danny, have launched a Kickstarter campaign to see if there's enough interest to launch their own line of gluten-free and grain-free flour blends.

With one week to go, the couple are roughly \$10,000 shy of their \$79,000 goal.

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