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Recipes (<https://www.bobsredmill.com/blog/category/recipes/>), Special Diets (<https://www.bobsredmill.com/blog/category/special-diets/>) on May 14, 2010 by Cassidy Stockton (<https://www.bobsredmill.com/blog/author/cassidy-stockton/>)

## Guar Gum vs. Xanthan Gum



If you are new to gluten free baking you may find yourself wondering, “What is the difference between Xanthan Gum and Guar Gum?” Both ingredients are frequently called for in gluten-free recipes and can seem exotic at first, but they both serve the same general purpose as thickeners and emulsifiers. Quite simply, both these ingredients help keep your mixes mixed. They keep oil droplets from sticking together and separating, and solid particles from settling to the bottom. You can use just one or the other; or sometimes for the best results, you can use them in combination together. With the right guidance, gluten-free cooking can be made very easy and enjoyable.

In conventional recipes containing wheat, rye, barley, or triticale flour, the protein gluten in these flours serves the same purpose that guar gum and xanthan gum do in gluten-free baking. Gluten protein is what traditional recipes rely on as a thickening agent to thicken dough and batters and trap air bubbles to make your baked goods light and fluffy. Xanthan gum tends to help starches combine to trap air, while guar gum helps keep large particles suspended in the mix.



One of the differences between the two products is where they come from. Guar gum is made from a seed native to tropical Asia, while xanthan gum is made by a micro organism called *Xanthomonas Campestris*.

In the kitchen, there are also important differences in using xanthan gum vs. guar gum when creating gluten-free foods. In general, guar gum is good for cold foods such as ice cream or pastry fillings, while xanthan gum is better for baked goods. Xanthan gum is the right choice for yeasted breads. Foods with a high acid content (such as lemon juice) can cause guar gum to lose its thickening abilities. For recipes involving citrus, you will want to use xanthan gum or increase the amount of guar gum used.

In general, it is best to add both xanthan and guar gum to the oil component in a recipe, making complete mix of oil and gum before adding to the rest of liquid ingredients. Using a blender or a food processor is a great way to get the gums to dissolve properly.

The final difference between the two gums is the variation in quantities you will need for different foods. There are no hard and fast rules as to how to combine the two gums together, you'll have to experiment yourself to see what works best in your recipes.

If you decide to use just one or the other, here are some helpful measurements for popular foods:

#### How much Xanthan Gum for Gluten Free Baking?

Cookies..... $\frac{1}{4}$  teaspoon per cup of flour  
 Cakes and Pancakes..... $\frac{1}{2}$  teaspoon per cup of flour  
 Muffins and Quick Breads.....  $\frac{3}{4}$  teaspoon per cup of flour  
 Breads.....1 to 1- $\frac{1}{2}$  tsp. per cup of flour  
 Pizza Dough..... 2 teaspoons per cup of flour  
 For Salad Dressings...Use  $\frac{1}{2}$  tsp. Xanthan Gum per 8 oz. of liquid.

#### How much Guar Gum for Gluten Free Baking?

Cookies..... $\frac{1}{4}$  to  $\frac{1}{2}$  tsp. per cup of flour  
 Cakes and Pancakes..... $\frac{3}{4}$  teaspoon per cup of flour  
 Muffins and Quick Breads.....1 teaspoon per cup of flour  
 Breads.....1- $\frac{1}{2}$  to 2 tsp. per cup of flour  
 Pizza Dough.....1 Tablespoon per cup of flour  
 For Hot Foods (gravies, stews , heated pudding)...Use 1-3 teaspoons per one quart of liquid.  
 For Cold Foods (salad dressing, ice creams, pudding) Use about 1-2 teaspoons per quart of liquid.

**8/30/11 UPDATE:** We are so pleased with the awesome response we get from this post and will do our best to answer any of your remaining questions. However, we have found that there are a lot of questions here that we don't know much about- like ice cream making and salad dressings. Again, we will do our best, but we're really only experts at baking with these two products.

**8/1/18 UPDATE: Regarding allergens in Xanthan Gum:** The microorganism that produces xanthan gum is fed a carbohydrate substrate produced from Non-GMO corn.



by Cassidy Stockton (<https://www.bobsredmill.com/blog/author/cassidy-stockton/>)

[Bread Making \(https://www.bobsredmill.com/blog/tag/bread-making/\)](https://www.bobsredmill.com/blog/tag/bread-making/)

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[guar \(https://www.bobsredmill.com/blog/tag/guar/\)](https://www.bobsredmill.com/blog/tag/guar/)

[xanthan \(https://www.bobsredmill.com/blog/tag/xanthan/\)](https://www.bobsredmill.com/blog/tag/xanthan/)

## Comments

**Kary**

April 21, 2017 at 8:01 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1832536>)

Hi Cassidy,

I just found guar gum & xanthan gum in my new bought almond milk. This is the first time I aware these two additive, but still no ideas is it no harm for healthy. If this two gums are usually used in the gluten product, does it mean that it is no harm for healthy?

Cheers,

Kary

[↩ Reply](#)



**Sarena Shasteen (<http://www.thenondairyqueen.com/>)**

May 1, 2017 at 11:12 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1832586>)

This depends on the individual. They are both customary ingredients in dairy free milks. You may want to check with your healthcare provider if these are an issue for you to digest.



**mediababe (<https://mediababe.net>)**

May 22, 2017 at 9:12 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1832724>)

very nice article, good looking for me.

[↩ Reply](#)

**Room Gardens (<http://roomgardens.blogspot.com>)**

June 18, 2017 at 1:55 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1832959>)

This recipes is very nice, i want to share this, and my friend cook for me. thanks for sharing. i like and i love it :\*

[↩ Reply](#)

**Pat Todd**

July 2, 2017 at 4:36 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833050>)

Guar gum, will it's thickening properties be affected by rice vinegar?

[↩ Reply](#)

**Teknodiary** (<http://www.teknodiary.com>)

July 17, 2017 at 11:58 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833137>)  
hahha,,,nice post,,i like this

↩ Reply



**Vineet Goyal**

July 19, 2017 at 10:03 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833141>)

Hi,

Thank you for the information you have shared about these products. It is great to know so much details in one article.

Do you have any insight regarding which Gum do companies prefer from Guar Gum or Xanthan Gum?

I am trying to do market survey on these ingredients.

Thank you in advance

Vineet Goyal

↩ Reply



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

July 19, 2017 at 1:36 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833144>)

No, I'm sorry. We don't have that information.



**RAMKESH MOAN**

January 17, 2018 at 10:39 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834347>)

Hlo

If we mix both guar gum and xanthan gum and use this mixture for making souces then what difference in our result, as only in xanthan gum



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

January 23, 2018 at 11:14 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834366>)

Hi Ramkesh, this is a question best suited for our customer service department. You can reach them at 1-800-349-2173.



**Sue**

August 6, 2017 at 2:38 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833336>)

What is the ratio of Xanthum gum to flour in your Gluten Free 1-to-1 Baking Flour?

↩ Reply



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

August 7, 2017 at 9:00 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833343>)

Since this is a proprietary blend, we can't give out specific information. This post is a good guideline though for how much xanthan gum can be used in a recipe.



**MrsTea** (<http://www.cooklittlepotecook.co.uk>)

August 7, 2017 at 7:50 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833339>)

I am planning to make LC pasta. The recipe asks for Guar Gum. Could I replace this with Xanthan?

↩ Reply



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

August 7, 2017 at 8:53 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833340>)

Yes, but you may need about a quarter tsp less of xanthan gum than guar gum. They are not exactly interchangeable 1 for 1. We suggest doing a good search for similar recipes to the one you plan to use the substitution in to see what the common amount of xanthan gum is in those recipes. This post may be helpful for you.

<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/>  
(<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/>)



**Rachael**

August 16, 2017 at 1:51 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833377>)

Thank you for your article! Does one use guar gum and xanthan gum in a 1:1 substitution or is it best to use slightly different ratios? What is the numerical relationship between the two?

[Reply](#)



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

August 16, 2017 at 10:48 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833379>)

No, you can't use them 1 for 1. Here's an idea on how to exchange them.

How much Xanthan Gum for Gluten Free Baking?

Cookies.....¼ teaspoon per cup of flour  
Cakes and Pancakes.....½ teaspoon per cup of flour  
Muffins and Quick Breads.....¾ teaspoon per cup of flour  
Breads.....1 to 1-½ tsp. per cup of flour  
Pizza Dough..... 2 teaspoons per cup of flour  
For Salad Dressings...Use ½ tsp. Xanthan Gum per 8 oz. of liquid.

How much Guar Gum for Gluten Free Baking?

Cookies.....¼ to ½ tsp. per cup of flour  
Cakes and Pancakes.....¾ teaspoon per cup of flour  
Muffins and Quick Breads.....1 teaspoon per cup of flour  
Breads.....1-½ to 2 tsp. per cup of flour  
Pizza Dough.....1 Tablespoon per cup of flour  
For Hot Foods (gravies, stews , heated pudding)...Use 1-3 teaspoons per one quart of liquid.  
For Cold Foods (salad dressing, ice creams, pudding) Use about 1-2 teaspoons per quart of liquid.

**Jasmin Weitzel**

August 25, 2017 at 7:23 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833423>)

Hi, I am trying to switch to a soy free vegan diet. Is your guar gum and / or xanthan gum soy free? I read that these often have soy in it but it doesn't show soy on your ingredient list. But it is also not marked soy free on the thrive market app.

Thank you.

[Reply](#)



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

August 28, 2017 at 9:20 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833442>)

They are soy free, but they are packaged in a facility that also has soy in it.

**Deb**

August 26, 2017 at 1:29 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833426>)

I am making Portuguese custard tarts for a friend who is gluten intolerant, I have xanthan gum on hand at home. The recipe calls for 2 tablespoons of cornflour into 1 & ¼ cups of milk, if using the xanthan instead of cornflour, how much would I have to use

[Reply](#)



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

August 28, 2017 at 9:16 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833437>)

This is hard to answer without seeing the recipe. We would suggest you call our customer service department and speak to our recipe specialist. The number is 503-654-3215.

**Jan Niemann**

August 30, 2017 at 11:10 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833453>)

I am so allergic to all grains, but I want bread sometimes. Do you have a recipe with just the starches?

[Reply](#)



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

September 5, 2017 at 8:42 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833521>)

We suggest doing a search for Brazilian Cheese Rolls. They are really easy to make and only use tapioca as the flour.



**neil glass**

September 1, 2017 at 3:51 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833468>)

Hello,

Can i use any of these to thicken glyacine to like a golden sryup consistency it will be use for my fishing bait

yours neil glass

[Reply](#)



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

September 5, 2017 at 8:45 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833523>)

We haven't experimented with that method before.

**Donna Rudko**

September 11, 2017 at 10:31 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833600>)

Can I add Xanthan gum to a recipe where I replaced the total quantity of all purpose flour with 1/3 protein powder, and the cookies are very fragile. I would like to have them more dense and durable for transporting them

[Reply](#)



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

September 13, 2017 at 9:47 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833630>)

Yes, xanthan gum would help, but you may want to also consider adding egg if you eat eggs. Not knowing the recipe makes it hard to recommend exactly what you would need to do to make them more durable.

**Donna Rudko**

September 11, 2017 at 10:33 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833601>)

Sorry I meant to say 2/3 flour and 1/3 protein powder.

[Reply](#)

**Amber**

September 15, 2017 at 3:05 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833679>)

Hi! I'm making natural toothpaste. Which might be the better choice here, xanthan or guar? Or does it not really matter much?

Thank you! 😊

[Reply](#)



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

September 21, 2017 at 11:07 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833713>)

We haven't tried making toothpaste with these products. We recommend searching on the internet for others' recommendations for this.

**Paula Kelley**

September 19, 2017 at 7:19 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833704>)

I was just getting used to these two thickeners when I came across an recipe that called for arrowroot. Now I am completely confused again. I did google and see that it is basically tapioca. Can I use either guar gum or xanthan gum in its place?

Thanks

[Reply](#)



**Sarena Shasteen** (<http://www.thenondairyqueen.com/>)

September 22, 2017 at 8:40 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833726>)

Yes, you can use xanthan gum or guar gum in place of the arrowroot in a recipe.



**Sarah Lovelady**

October 1, 2017 at 8:15 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833784>)  
Thank you for the information.

 [Reply](#)

**PAM KEETON**

November 8, 2017 at 5:46 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833938>)

I'm on a ketogenic diet. I love chicken and dumplings, southern style. I like tough chewy & thick dumplings. I'm trying to figure out how to make dumplings keto style as I can't have any grains. I can have nut & coconut flours. So far what I've experimented with fell apart when it hit the broth. I was wondering if guar gum or xanthan gum would be helpful. Any suggestions or recipes you can share with me?

 [Reply](#)

**Sarena Shasteen (<http://www.thenondairyqueen.com/>)**

November 9, 2017 at 3:12 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1833949>)

We can't speak specifically to making keto friendly dumplings. We did a quick good search and found a few recipes. We suggest looking it up and finding what would work for you. Let us know what you find out. Good luck!

**Mary Anne Weber**

December 16, 2017 at 2:28 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834186>)

What is the shelf life of an unopened package of Red Mill's guar gum?

 [Reply](#)

**Sarena Shasteen (<http://www.thenondairyqueen.com/>)**

December 18, 2017 at 10:34 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834198>)

Our guar gum is best kept in an airtight container in a cool, dry place, preferably the fridge or freezer. It will keep up to 24 months when stored properly.

**Sarah Hancock**

December 24, 2017 at 9:49 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834236>)

If you have problems with candida, steer clear of Xanthan Gum. It feeds yeast because its made "made by a micro organism called Xanthomonas Campestris," a fancy way to say the black mold growing on your old leafy green veggies. Mold feeds yeast. If you live with autoimmune diseases, steer clear of anything that feeds Candida. As it grows, its 20 alcohol byproducts will cause an inflammatory response. If you live with Chrones or IBS (or any other autoimmune illness), xanthan gum is NOT your friend. Stick with guar gum. Your body will thank you.

 [Reply](#)

**lopip (<http://www.vip-prime.com/>)**

January 24, 2018 at 6:44 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834374>)

thanks for great information [vip-prime.com](http://www.vip-prime.com/) (<http://www.vip-prime.com/>) <http://www.vip-prime.com/2018/01/masker-putih-telur.html> (<http://www.vip-prime.com/2018/01/masker-putih-telur.html>)

 [Reply](#)

**Anupama**

March 12, 2018 at 5:08 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834628>)

What is the odour of xanthangum

 [Reply](#)

**Sarena Shasteen (<http://www.thenondairyqueen.com/>)**

March 12, 2018 at 9:58 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834630>)

Xanthan Gum shouldn't have an odor. If it does, it's probably not good to eat.





**Patricia Adels**

March 19, 2018 at 9:03 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834651>)

I have a cheesecake recipe that calls for 6 tablespoons of flour in the batter. What would be the equivalent amount of xanthum gum to substitute? Thanks!

[Reply](#)

**Sarena Shasteen (<http://www.thenondairyqueen.com/>)**

March 19, 2018 at 11:55 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834656>)

Hi Patricia, we wouldn't recommend xanthan gum as a substitute for that. We would recommend using our gluten free flour blend, our 1 to 1 flour or rice flour. If you would like to speak with our recipe specialist, please feel free to call her at 1-800-349-2173. She can help you out with more specific questions based on the recipe you are using.

**Arlene Baker**

April 10, 2018 at 7:16 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834750>)

Back in the 90s, there was a product called Dynatrim, similar to Slim-Fast, but oh so much better, because you could actually blender it longer and turn it into a pudding. I know they used guar gum and xanthum gum in the ingredient list. What proportions would I use if I were to use 1 c almond milk, and 1 scoop whey protein powder to make a pudding? If anyone out there remembers the Dynatrim, and know what product is the same or most similar, I'd love to hear from you!

[Reply](#)

**Sarena Shasteen (<http://www.thenondairyqueen.com/>)**

April 11, 2018 at 8:58 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834754>)

Hi Arlene, that is kind of tricky since we don't know how much thickener is in the protein powder. You may have to play around with it starting at 1/16th of a tsp moving your way up. Either way, it sounds delicious!

**Wendy**

April 18, 2018 at 3:58 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1834771>)

Very helpful! Thank you so much...

[Reply](#)

**tanisha drolia**

July 8, 2018 at 7:38 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835078>)

Is it advisable to add xanthum/ guar gum in whole wheat bread recipes? Whole wheat has low gluten content, so my bread generally comes out dense and chewy.

[Reply](#)

**Whitney Barnes**

July 9, 2018 at 10:47 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835085>)

We haven't tested adding Xanthan or Guar Gum to wheat based recipes; instead I would recommend using [Vital Wheat Gluten](https://www.bobsredmill.com/vital-wheat-gluten.html). It is just the isolated gluten protein naturally found in wheat.

**Rootrootan (<https://www.rootrootan.com/>)**

July 13, 2018 at 12:29 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835103>)

look goood food :3

[Reply](#)

**Alisa**

July 13, 2018 at 10:25 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835105>)

Do either the guar gum or Xanthum gum contain potato?

Are they manufactured in a facility that uses potato starches?

[Reply](#)



**Whitney Barnes**

July 16, 2018 at 9:14 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835116>)

No, both Guar Gum and Xanthan Gum are potato free. They are packaged in the same facility as potato starch and potato flour and despite thorough and stringent cleaning processes there is a slight chance for cross contact. You can read more about our cleaning and quality processes here: [Bob's Red Mill Blog: Our Quality Process](https://www.bobsredmill.com/blog/featured-articles/our-quality-process/) (<https://www.bobsredmill.com/blog/featured-articles/our-quality-process/>)

**Kimberly Jane (<http://Bobsredmill.com>)**

August 9, 2018 at 7:13 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835203>)

You recommended adding Vital Wheat Gluten to whole wheat flour to make the bread less dense. What about whole wheat pastry flour? And how much do you recommend using.

Reply

**Whitney Barnes**

August 13, 2018 at 4:36 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835223>)

Hi Kimberly, I would recommend adding 1 Tbsp per 1 Cup of flour. It will improve the texture and elasticity of the bread. As you experiment you can add more or less to get your preferred texture.

**John @ MyKetoPartner (<https://www.myketopartner.com/2018/08/what-is-xanthan-gum-and-how-it-can-help-your-keto-recipes/>)**

August 20, 2018 at 1:45 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835313>)

Very informative article. Thanks for sharing.

Reply

**Praveen Pandey**

August 24, 2018 at 2:15 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835365>)

Hi Jennifer,

Can you suggest me permissible limit of Guar Gum and Xanthun Gum in Gluten Free Chapati Flour as per FDA rule.

Reply

**Citra Liman**

September 11, 2018 at 10:38 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835504>)

Is it possible to use xanthan gum for gelato? Which one is better for gelato, xanthan gum or guar gum? Did you ever heard about turkey's salep (make a stretching ice cream)? Is it possible if I use guar gum but the gelato texture is same if I use turkey's salep? N what the different guar gum vs turkey's salep? Thx for helping me.

Reply

**Whitney Barnes**

September 11, 2018 at 2:05 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835505>)

Hi Citra, I'm not familiar with turkey's salep. Guar Gum is typically used more in cold applications; I would recommend it over xanthan gum for gelato for the best texture.

**Kay Guynes**

September 25, 2018 at 2:54 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835561>)

I want to make a dessert topping with fresh pears, lemon juice and honey will xanthum gum work as a thickener? or what do you recommend?

Reply

**Whitney Barnes**

September 27, 2018 at 9:46 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835573>)

Hi Kay, for that type of recipe I'd recommend using a cornstarch or arrowroot starch.

You can find more information here: [All About Starches](https://www.bobsredmill.com/blog/featured-articles/all-about-starches/)

(<https://www.bobsredmill.com/blog/featured-articles/all-about-starches/>).



**Kay**

September 27, 2018 at 6:06 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835570>)

Hi, I can't have eggs therefore bake my goods without them however I find them to be a little crumbly. I tried experimenting with using 1/4th tsp of xanthan gum in 1 cup + 5 TBS apf + 2 TBS cornstarch in my cake & mini cupcakes. While my cupcakes came out light & fluffy; they were a little bit on the dry side. What should I do?

P.S. I only baked the mini cupcakes for 10mins and tested them with a toothpick.

↩ Reply

**Whitney Barnes**

September 27, 2018 at 9:47 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835574>)

Hi Kay, I would also increase the liquid and/or fat (oil, melted butter, coconut oil etc) to help bring moisture to your cupcakes. You could also try experimenting with using a flax egg or chia egg as a replacement.

**Craig Franklin**

October 1, 2018 at 1:51 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835585>)

When using for gravy turning the cooking stock into a gravy, should one put the hot/warm stock into a jug and use a stick blender and sprinkle the Xanthan in

Thanks

↩ Reply

**Whitney Barnes**

October 1, 2018 at 9:40 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835590>)

Hi Craig – yes, that would be a great way to incorporate the xanthan gum thoroughly. Just hand whisking alone will likely result in clumps of xanthan gum rather than even distribution.

**khushi**

October 18, 2018 at 12:38 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835662>)

Hi. If I am making 6 vegetarian burgers and the recipe calls for 0.5 teaspoon of xanthan gum, how much of guar gum would I use. Thanks

↩ Reply

**Whitney Barnes**

October 18, 2018 at 9:03 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835668>)

I would suggest using 3/4 – 1 tsp of guar gum in place.

**Denmark @ Healthy Living (<http://consumerhealthadvisory.com>)**

October 22, 2018 at 10:18 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835700>)

Thank you for sharing this article and explaining the difference between Xanthan Gum and Guar Gum.

↩ Reply

**Rachel**

October 28, 2018 at 2:26 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835731>)

Question: I bought few packages of Xanthan Gum and few of them are over the "best by" date. Is it unsafe to use?

Thanks

↩ Reply

**Whitney Barnes**

October 29, 2018 at 9:42 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835743>)

Hi Rachel, we recommend using our products within the best by date or about 6 months beyond. If you have further questions please contact our Customer Service team at 1-800-349-2173 or [customerservice@bobsredmill.com](mailto:customerservice@bobsredmill.com) (<mailto:customerservice@bobsredmill.com>)

**suhuandroid** (<https://www.suhuandroid.com>)

November 12, 2018 at 3:27 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835828>)  
Do either the guar gum or Xanthum gum contain potato?

[Reply](#)



**Whitney Barnes**

November 12, 2018 at 8:26 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835829>)  
No, neither of these products contain potato.



**Karen**

November 17, 2018 at 4:48 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835858>)  
What is the ratio when making pie or pastry dough?

[Reply](#)



**Whitney Barnes**

November 19, 2018 at 9:53 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835871>)  
Hi Karen, I would recommend 1/4-1/2 teaspoon of Xanthan Gum per cup of flour.



**Andries**

December 2, 2018 at 8:33 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835934>)  
Can Xanthan gum be used with gluten free flour as a substitute for Vital Wheat Gluten in Seitan recipes? (Vital Wheat Gluten is not available in my country)

[Reply](#)



**Whitney Barnes**

December 3, 2018 at 8:53 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835939>)  
Hi Andries, that's not something we've tested. Xanthan Gum would help bind together a recipe, but it would not provide an increase in protein like Vital Wheat Gluten.



**Jim Bailey** (<https://theyankeechef.com/>)

December 9, 2018 at 3:46 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835962>)  
I would love to speak with someone regarding xanthan gum. I just purchases a bag of yours to experiment with in my new sauce line. I currently have 9 products on store shelves, but use modified food starch. I notice someone else who produces teriyaki glaze uses xanthan gum and I would like to use it as well, but unsure how to incorporate it into my teriyaki glaze so that it doesn't come out clumpy or "snotty"(sorry, I couldnt think of a better word". Please help, 4 of my products are waiting on your reply.

[Reply](#)



**Whitney Barnes**

December 10, 2018 at 8:46 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835967>)  
Hi Jim, our Customer Service team can be reached at [customerservice@bobsredmill.com](mailto:customerservice@bobsredmill.com) (<mailto:customerservice@bobsredmill.com>) or 1-800-349-2173.



**shaikh**

December 12, 2018 at 12:37 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835977>)  
can we use xanthan gum in indian style chapati and paratha if the gluten content of the flour is less? and how much?

[Reply](#)



**Whitney Barnes**

December 17, 2018 at 9:53 am (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1835995>)

Hi Shaikh, that's not something we've had experience with. If using a low gluten flour we would instead suggest fortifying your flour with Vital Wheat Gluten rather than xanthan or guar gum. If looking to use a gluten free flour, try our Gluten Free All Purpose.



**Shane** (<https://www.myketopartner.com/2018/09/good-food-choices-for-keto/>)

January 3, 2019 at 4:03 pm (<https://www.bobsredmill.com/blog/recipes/guar-gum-vs-xanthan-gum/comment-page-6/#comment-1836061>)

Guar Gum and Xanthan Guma are both new to me. I think I am going to purchase some and use these recipes you shared. Thanks for this informative blog you did!

Reply

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