

LEAVENING AGENTS

This list is NOT conclusive. If you know of leavening agents that are not listed here, please email us at praiseyahuwah@insightbb.com

Active Dried Yeast
Aluminum Sulfate Anhydrous
Ammonium Bicarbonate
Ammonium Carbonate
Baker's Yeast
Baking Ammonia
Baking Powder
Baking Soda
 Bicarbonate of Soda
 Bicarbonate of Ammonia
 Bread Soda
 Calcium Carbonate
 Carbonate of Ammonia
 Hartshorn
 Hirschhornsalz
 Salt of Harts-horn
 Sodium Bicarbonate
 Trieb Salz
Calcium Acid Phosphate
Calcium Phosphate
Dipotassium Carbonate
Dicalcium Phosphate
Disodium Pyrophosphate

Disodium Pyrophosphate
Disodium Dihydrogen Pyrophosphate
Gluconate-delta-lactone
Levain
Monocalcium Phosphate
 (most ingredients containing "calcium" and
 "phosphate" together look for mono-, di-, tri- forms)
Pearl Ash
Potassium Acid Tartrate
Potassium Carbonate
Potassium Bicarbonate
Pottasche/Pottasch
Saleratus
Sodium Acid Phosphate
Sodium Acid Pyrophosphate
Sodium Aluminum Phosphate
Sodium Aluminum Sulfate
Sodium Pyrophosphate
 (most ingredients containing "sodium" and
 "phosphate" together including the mono-,
 di-, and tri- forms)
Sour Dough
Yeast

ONLY a leavening agent when used WITH baking soda, baking powder or another leavening agent. NOT a leavening agent alone.

Cream of Tartar

Sodium Phosphate

NOT a leavening agent in itself, but if manipulated used to puff an item up should be considered a leavening agent.

Air
Buttermilk

Carbonated Water
Eggs

Kefir
Steam
Yogurt

These are NOT leavening agents.

Autolyzed Yeast

Brewer's Yeast

Torula Yeast
Yeast Extract

Check the Following:

Mouth Washes
Pet Foods

Preparation H (has a dead yeast)
Toothpastes