There is provided a gluten-free composition for use in making a gluten-free leavened breadstuff or the like. The composition comprises from 4% by weight to about 27% by weight pulse flour. The composition also comprises starch flour, other flour, a leavening agent and a fermentation agent. There is also described a method of preparing a gluten-free leavened breadstuff or the like. The method comprises the steps of: (a) reducing the anti-nutrient content of a pulse flour; (b) combining the reduced anti-nutrient pulse flour with starch flour, other flour, a leavening agent and a fermentation agent to provide a gluten-free composition; and (c) baking the composition to provide a gluten-free breadstuff or the like. The breadstuffs can be made without the use of any gluten, egg or milk or derivatives or components thereof, and thus can be consumed by those who are allergic or intolerant to such substances.