

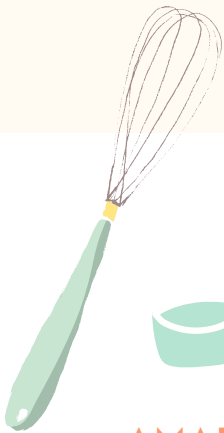
# FLOUR SUBSTITUTION CHART

START  
BAKING  
with  
ALTERNATIVE  
FLOURS!

## HOW TO:

Replace white/whole wheat flour with  
the suggested measurements in a recipe:

1 Cup of white/whole wheat flour =



AMARANTH  
1/4 cup



GARBANZO/  
FAVA BEAN FLOUR  
1/4 cup



BARLEY FLOUR  
1/2 cup



BUCKWHEAT FLOUR  
3 tbsp



COCONUT FLOUR  
3 tbsp



CORN FLOUR  
1/4 cup



CORNMEAL  
3 tbsp



GARBANZO BEAN  
(CHICKPEA) FLOUR  
3 tbsp



KAMUT FLOUR  
1 cup



MILLET FLOUR  
1/3 cup



NUTS (finely ground:  
almond, hazelnut)  
1/4 cup



OAT FLOUR  
3 tbsp



POTATO FLOUR  
3 tbsp



POTATO STARCH  
3 tbsp



QUINOA FLOUR  
1/4 cup



RICE FLOUR  
(WHITE/BROWN)  
1/3 cup



RYE FLOUR  
1 cup



SORGHUM FLOUR  
1/4 cup



SPELT FLOUR  
1 cup



TEFF FLOUR  
3 tbsp

Adapted from Bob's Red Mill

