

GLUTEN-FREE FLOUR & GRAIN GUIDE

TYPE	FLAVOR PROFILE	BEST USE CASES
Whole Grains & Flours		
Almond Flour	Nutty, sweet	Macarons, grain-free baking, breading
Oat Flour	Mild, subtle sweetness	Pancakes, muffins, cookies
Buckwheat	Earthy, robust	Soba noodles, crepes, hearty breads
Brown Rice Flour	Neutral, slightly nutty	General baking, thickening sauces
Sorghum Flour	Mild, sweet	Cakes, cookies, high-fiber blends
Starches & Binders		
Tapioca Starch	Neutral	Chewy texture, crust browning, sauces
Arrowroot	Neutral	Pudding, clear sauces, fruit fillings

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Potato Starch	Neutral	Moist cakes, light sponges
Ancient Grains (Intact)		
Quinoa	Nutty, grassy	Salads, side dishes, breakfast bowls
Millet	Corn-like, mild	Tabbouleh, porridge, add-in for crunch
Amaranth	Peppery, herbal	Polenta-style porridge, popping