

GLUTEN TO GRAIN CONVERSION

1 Cup All-Purpose Flour Replacement Guide

ALTERNATIVE GRAIN/FLOUR	AMOUNT PER 1 CUP WHEAT FLOUR	BINDING SUGGESTION
Almond Flour	1 cup	Increase egg/binder
Buckwheat Flour	1 cup	Starch blend (50/50)
Coconut Flour	1/4 - 1/3 cup	Double liquid + 1 egg
Oat Flour (Certified GF)	1 1/8 cup	Xanthan gum (1/2 tsp)
Rice Flour (Brown or White)	7/8 cup	Cornstarch or Potato starch
Sorghum Flour	1 cup	Xanthan gum (1/2 tsp)
Tapioca Flour	1 cup	Best used in blends
Quinoa Flour	1 cup	Bold spices (cocoa/nut)

** Note: For best results in baking, use a blend of 60% grain flours and 40% starches. Adding 1/2 to 1 teaspoon of Xanthan Gum per cup of flour helps mimic gluten elasticity.*