

Baking with Alternative Flours



To replace part of the whole wheat or white flour called for in a recipe with the following alternative flours, use the suggested percentage of flour called for in the recipe.

<u>Flour</u>	<u>Percentage</u>
Amaranth	25%
Garbanzo/Fava Bean Flour	25%
Barley Flour*	50%
Buckwheat Flour*	20%
Coconut Flour	20%
Corn Flour*	25%
Cornmeal*	20%
Garbanzo Bean (Chickpea) Flour	20%
Bob's Gluten-Free All Purpose Flour	100%**
Kamut® Flour*	100%
Millet Flour	30%
Nuts (finely ground- almond, hazelnut)	25%
Oat Flour*	20%
Potato Flour	20%
Potato Starch	20%
Quinoa Flour	25%
Rice Flour (White/Brown)	30%
Rye Flour*	100%
Sorghum Flour	25%
Soy Flour*	30%
Spelt Flour*	100%
Sweet Rice Flour	25%
Tapioca Flour/Starch	25%
Teff Flour	20%

Please note: Each substitution produces variations in color, texture and flavor of baked goods.

When baking without wheat or gluten, you will want to add Xanthan Gum or Guar Gum to improve the texture and elasticity of the baked good. With this type of baking, a combination of flours and starches work best. For more tips on gluten-free baking, please [contact us](#).

*These flours are not produced in our gluten free facility and may contain gluten.

** *Gluten Free All Purpose Baking Flour can be substituted for all of the flour in a recipe with the addition of Xanthan or Guar Gum.*