

# Flour Substitute

## 1 cup of All Purpose Flour

- 1/2 c. & 2 Tbsp. bread flour + 1/2 c. cake flour
- 3/4 Cup Of Whole Wheat Flour
- 1 Cup Of Self Rising Flour
  - \* omit the salt and baking powder from your recipe since it is already included
- 1 c. cake flour or 1 c. bread flour are the same as 1 c. all purpose, just texture will be a bit different.

Whole Wheat Flour Will Make Recipes More Dense



## 1 cup of Flour (Gluten Free Options)

- 1/4 Cup of  
Amaranth Flour  
or Corn Flour  
or Nut Flour  
or Sorghu Flour  
or Garbanzo Flour  
or Fava Beans Flour  
or Quinoa Flour
- 1/2 Cup Barley Flour
- 3 Tablespoons of  
or Buckwheat Flour  
or Coconut Flour  
or Oat Flour  
or Potato Flour
- 1 Cup of  
Kamut Flour  
or Rye Flour  
or Spelt Flour
- 1/3 Cup of  
Rice Flour  
or Mullet Flour