

## Wheat Flour Substitutes

When adding special flours to a recipe, do not add all the flour at once unless you have tried the recipe before. Very often the substitute flours thicken fast. When you do not use eggs, it is best to thicken no more than the consistency of a normal cake mix or your finished product will be very doughy. Spelt flour is available as an excellent substitute for wheat. It does contain gluten. See "About Gluten" for more information.

### Conversions for substitute flours to replace 1 cup wheat flour:

- 1 cup spelt flour
- 7/8 cup or 14 tablespoons rice flour
- 1 cup soy flour + 1/4 cup potato starch; soy flour must be used with other flours
- 1 1/4 cup rye flour
- 1/2 cup barley flour
- 1 cup millet flour
- 3/4 cup brown rice flour + 1/4 cup sweet rice flour or 7/8 cup rice flour
- 5/8 cup potato flour is best combined with other flours for baking; a good thickener
- 1 cup buckwheat
- 1/2 cup arrowroot flour; use as a thickener; do not over cook.
- 1 cup amaranth flour
- 1/2 cup cornstarch + 1/2 cup rye, potato, or rice flour
- 1 cup quinoa flour
- 1 1/3 cup oat flour
- 1 cup buckwheat flour
- 1/2 cup tapioca for sauces, fruit fillings, glazes; do not boil or over cook

### Conversions for smaller amounts of flour:

- 1/2 tablespoon potato starch flour = 1 tablespoon wheat flour
- 1/2 tablespoon rice flour = 1 tablespoon wheat flour
- 1/2 tablespoon arrowroot starch = 1 tablespoon wheat flour
- 2 teaspoon tapioca flour = 1 tablespoon wheat flour

### A gluten-free flour formula:

- 2 cups rice flour
- 2/3 cup potato starch flour
- 1/3 cup tapioca flour

### Another good flour combination is:

- 1 cup barley flour
  - 1 cup rice flour
  - 1/4 cup tapioca flour
- mix together and substitute for wheat

### Various substitutes for 1 cup wheat that are gluten and gliaden free:

- = 1 cup fine cornmeal
- = 1 cup corn flour
- = 7/8 cup rice flour
- = 1/2 cup arrowroot starch
- = 5/8 cup potato starch flour
- = 5/8 cup tapioca flour

## Wheat Flour Substitutes (continued)

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### Blended grain flours that substitute for 1 cup wheat:

- = 3/4 cup amaranth flour + 1/4 cup potato flour
- = 3/4 cup potato mix + 1/4 amaranth flour
- = 3/4 cup amaranth flour + 1/4 cup tapioca starch
- = 3/4 cup quinoa + 1/4 cup tapioca starch
- = 3/4 cup potato mix + 1/4 cup quinoa

### Breading:

crumbled corn cereal, corn meal

### Thickening sauces or gravies:

1 tablespoon wheat flour = 1/2 tablespoon cornstarch, potato starch, tapioca starch, rice starch or arrowroot starch.