



village health clinic

naturopathic medicine & midwifery care

Wheat Flour Alternatives

Replace 1-cup of wheat flour in baking with:

Spelt flour	1 cup
Kamut flour	1 cup
*Buckwheat flour	1 cup
*Millet flour	1 cup
**Oat flour	1- ¹ / ₃ cups
*Soy flour	1- ¹ / ₃ cups
*Bean flour	³ / ₄ cup
*Rice flour	³ / ₄ brown rice + ¹ / ₄ cup sweet rice flour
*Amaranth Flour	1 cup
Rye flour	1- ¹ / ₄ cups

For thickening, as in sauces or gravy, substitute each tablespoon of wheat flour with 1-tablespoon of Tapioca flour, Potato flour, Arrowroot flour, **or** Corn flour **or** Corn Starch.

Proven flour blends:

- *1 cup soy flour + ¹/₄ cup potato starch
- *¹/₂ soy flour + ¹/₂ cup potato starch
- *¹/₂ cup corn starch + ¹/₂ cup potato, **or** rice flour
- ¹/₃ cup rye flour + ¹/₃ cup oat flour + ¹/₃ cup barley flour
- ¹/₂ cup potato flour + ¹/₂ cup rye **or** spelt flour
- ¹/₃ cup potato flour + ²/₃ cup rye **or** spelt flour
- ⁵/₈ cup rice flour + ¹/₃ cup rye or spelt flour

Gluten-Free All-Purpose flour blend: Keep in a tightly sealed container. Use lower temperature and longer cooking time if used for baking.

- 1 cup corn starch
- 2 cups rice flour
- 2 cups soy flour
- 3 cups potato starch

*Gluten-Free

**Although Oats are gluten-free, cross-contamination in processing facilities may cause those who are gluten-intolerant to react to oats