



# 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- <sup>1</sup> / <sub>3</sub> cups
*Soy flour	1- <sup>1</sup> / <sub>3</sub> cups
*Bean flour	<sup>3</sup> / <sub>4</sub> cup
*Rice flour	<sup>3</sup> / <sub>4</sub> brown rice + <sup>1</sup> / <sub>4</sub> cup sweet rice flour
*Amaranth Flour	1 cup
Rye flour	1- <sup>1</sup> / <sub>4</sub> 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 + <sup>1</sup>/<sub>4</sub> cup potato starch
- \*<sup>1</sup>/<sub>2</sub> soy flour + <sup>1</sup>/<sub>2</sub> cup potato starch
- \*<sup>1</sup>/<sub>2</sub> cup corn starch + <sup>1</sup>/<sub>2</sub> cup potato, **or** rice flour
- <sup>1</sup>/<sub>3</sub> cup rye flour + <sup>1</sup>/<sub>3</sub> cup oat flour + <sup>1</sup>/<sub>3</sub> cup barley flour
- <sup>1</sup>/<sub>2</sub> cup potato flour + <sup>1</sup>/<sub>2</sub> cup rye **or** spelt flour
- <sup>1</sup>/<sub>3</sub> cup potato flour + <sup>2</sup>/<sub>3</sub> cup rye **or** spelt flour
- <sup>5</sup>/<sub>8</sub> cup rice flour + <sup>1</sup>/<sub>3</sub> 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

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\*Gluten-Free

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