

Building a Gluten-Free Flour Blend

There are several GF blends on the market that work extremely well, Bob's Red Mill, Jule's, King Arthur's, and Gluten Free Pantry to mention a few. These blends can be substituted 1:1 in almost any recipe. There are times when it just isn't possible to run out to the store to purchase an already mixed blend and having a chart around to know how and what to substitute enables you to use what you have on hand

To use this chart, find the flour you wish to change and replace it with another from the same column. The properties will be similar, although not identical, and serve the same function in a recipe.

Neutral (light)	High Protein	High Fiber	Stabilizers, add texture / moisture	Starches	Gums
Brown Rice	Almond	Almond	Coconut	Arrowroot	Agar Powder
Corn flour	Amaranth	Amaranth	Flax seed meal	Cornstarch	Gelatin Powder
Sorghum	Bean	Bean	Oat Bran	Kudzu Starch	Carrageenan
Sweet Rice	Buckwheat	Buckwheat	Potato Flour	Potato Starch	Guar Gum
White Rice	Chickpea	Chickpea	Rice Bran	Sweet Potato	Locust Bean Gum
	Millet	Corn	Coconut flour actually absorbs liquids in baked goods	Tapioca Starch	Xanthan Gum
	Oat	Mesquite			
	Quinoa	Soy			
	Sorghum				
	Soy				
	Teff				