



FLOUR SUBSTITUTION CHART





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HOW TO: For every 1 cup* of white/whole wheat flour, substitute with...

FLOUR ALTERNATIVE	SUBSTITUTE WITH
Barley Flour	1/2 cup
Buckwheat Flour	1 cup
Chickpea (Garbazno/Fava Bean) Flour	1/2 cup
Coconut Flour	1/4 cup
Kamut Flour	1 cup
Millet Flour	1/3 cup
Nut Flour (finely ground: almond, hazelnut)	1 cup
Oat Flour	1 cup
Quinoa Flour	3/4 cup
Rice Flour (white or brown)	3/4 cup
Rye Flour	1 cup
Spelt Flour	1 cup

*Please note: It's not as easy as swap in the flour and change no other ingredients for a perfect bake. You may need to adjust the liquid amount in your recipe, and in the case of some flour alternatives, you may need an addition of a starch (cornstarch, arrowroot powder, tapioca) to help thicken and bind the batter. Please use this as a loose guideline and have fun experimenting!



DELICIOUS RECIPES

Whether you're new to the possibilities of gluten-free flour or an expert at alternative flours, here are some of my favourite recipes!



FROM THE BLOG

[Almond Flour Raspberry Cake](#)

[Baked Pancakes with Almond Butter and Berries](#)

[Chocolate Chip Banana Bread](#)

[Double Chocolate Cookies](#)

FROM [JOYOUS HEALTH](#)

Almond Power Muffins, pg 217

Almond Flour Rosemary Crackers, pg 222

Black Bean Chia Brownies, pg 267



FROM [JOYOUS DETOX](#)

Joy's Favourite Breakfast Cookies, pg 115

Chickpea Burgers, pg 216

Pumpkin Chocolate Chip Mini Muffins, pg 245

FROM [THE JOYOUS COOKBOOK](#)

Applesauce Spice Breakfast Muffins, pg 18

Rustic Mediterranean Galette, pg 199

Strawberry Rhubarb Cobbler, pg 211



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