

<b>Ingredient</b>	<b>Properties</b>	<b>1 cup wt (grams)</b>
Almond flour	High in protein, nutty flavor	112
Amaranth flour	Nutty flavor, dense but makes a good crust	120
Brown rice flour	Nutty flavor, high in fiber, vitamins, minerals	158
Coconut flour	Very high in fiber, sweet, adds moisture to baked goods, dense	112
Corn flour/Masa Harina	Finer blend than cornmeal, whole grain	112
Cornmeal (medium)	Good for muffins, coarser baked goods	128
Cornstarch	Starch in combo with heavier flours, sub for cornstarch and good thickener, also makes crisp coating	128
Garbanzo (chickpea)	High protein flour, good in baked goods	120
Glutinous Rice Flour	Good thickener, especially where separation is a concern	204
Millet	Sweet tasting flour, nutritious, easy to digest	120
Potato starch	Good thickener, replacement for cornstarch	170
Quinoa flour	Slightly nutty flour, very high in complete protein, adds moisture to baked goods	112
Soy flour	High protein flour, can be somewhat dense	112
Sorghum flour	Sweet tasting flour, slightly grainy flavor	127
Sweet potato	Good thickener, sweet flavor, stiff texture	180
Tapioca starch	Starch added to flour mixtures, adds chewy texture to baked goods, good thickener	125
Teff flour	Slightly sweet, nutty flavor, molasses flavor ( brands vary )	120
White rice	Bland flour, used in combination with others	158
<b>Ingredient</b>	<b>Properties</b>	<b>1 cup wt (grams)</b>
AP Flour	EVIL GLUTEN	127
Cake Flour	EVIL GLUTEN	100
Bread Flour	EVIL GLUTEN	136
Sugar		198