



Gluten-Free Flours

PRODUCT	PROCESSING	FLAVOR/TEXTURE	SUBSTITUTION/ NUTRITION	STORAGE
Amaranth	Seed of the plant, not a true grain and not a grass; considered a grain because of its abundance of seeds	Tan color and nutty flavor	Use with other flours because alone it gets dry and sticky; high in complete protein and rich in the minerals iron, calcium, and phosphorus; more calcium than milk; used alone, it becomes dry and sticky	Airtight container in refrigerator in small quantities
Brown rice	Milled from unpolished rice	Pleasant bran flavor, light color, and spongy texture; becomes stronger tasting as it ages	Great for breads, muffins, and cookies where bran taste is desired; high in nutrient value; crystalline texture adds crisp quality to pie crusts and cookies when used with quinoa flour	Bran contains oils and has a much shorter shelf life; store in freezer
Buckwheat	Not technically a grain; considered a grain because of its abundance of seeds	Gray-blue flour; appears tweedy color when baked; pleasant flavor	Contains gluten analogue; acts like gluten but is well-tolerated by some gluten-sensitive people; can use alone as base for a wheat- and gluten-free cake	Airtight container in cool, dry, dark place
Corn flour	Milled from corn; use non-GMO	Light yellow; tastes like corn	Blend with cornmeal for cornbread and/or corn muffins	Airtight container in cool, dry, dark place

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Cornstarch	Refined starch from corn; use non-GMO	Slight starchy flavor; squeaky, talc texture when dry	Clear thickener for puddings and fruit sauces; use in combination with other flours for baking	Dry, airtight container
Guar gum	White to yellowish powder derived from seed of plant <i>Cyamopsis tetragonolobus</i>	Small quantities added to bread provide greater resiliency and improve texture	High fiber content; can cause digestive distress; use as thickener in dressings, sauces; compatible with acidic emulsions	Long shelf life
Millet	Milled from millet	Slightly dry, crunchy texture; yellow color	Considered one of the least allergenic and most easily digested of all grains; high protein and good mineral content; rich in lecithin; best when combined with quinoa	Airtight container in refrigerator
Potato flour	Whole potatoes with skin	Heavy flour with a definite potato taste	Not to be confused with potato starch	Airtight container in refrigerator
Potato starch	Refined starch from potato flour	Very fine texture; bland taste	Excellent for baking when combined with other flours; good thickening agent for cream soups, mix with water first	Keeps well, can be purchased in bulk

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Oat flour	Milled from oat groats	Tan color; great flavor and delicate texture; can be a little viscous when used alone	Adds moist sweetness to baked goods when combined with other flours, especially barley, brown rice, and millet; contains gluten analogue, which acts like gluten but is well-tolerated by some gluten-sensitive people	Airtight container in refrigerator
Quinoa	Water-washed, sun-dried, and cloth-brushed before grinding	Strong flavor when used in large proportion	Works well in cake recipes; is a complete protein.	Airtight container in cool, dry, dark place
Rice bran	Milled, polished, brown rice	Pleasant flavor, slightly nutty	Add to cookies, muffins, and some breads; high in minerals, vitamins B and E, protein, and fiber	Short shelf life due to oils; store in freezer
Rice polish	Made from brown rice	Soft, fluffy, cream colored	High mineral and Vitamin B content	Short shelf life
Soy flour	Milled from whole soy beans	Nutty flavored yellow flour	Use with other flours in baked products that contain fruit, nuts, or chocolate; excellent in waffles; high protein and fat content; difficult to digest	Short shelf life, purchase in small quantities

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Sweet rice flour	Made from “sticky rice”	Sweet, light flavor with a fluffy texture	Excellent thickening agent; good for sauces that are refrigerated as it inhibits separation of liquids	Airtight container at room temperature in a dark, dry place
Tapioca flour	Made from cassava root	Very light, white, velvety flour, with a chewy texture	Excellent in small amounts with other flours for most baking; use for English muffins, French bread, and pizza crusts	Keeps well, can be purchased in bulk
Teff	Milled from teff, a cereal grain	Slightly sweet flavor; light brown color.	Best used with whole-grain flours in small amounts due to its distinctive (yet pleasant) flavor; high in calcium; use in darker baked goods for cosmetic purposes	Airtight container in a cool, dark, dry place
Xanthan Gum	Natural bacterium found on cabbage plants	Flavorless, gummy when moistened	Gluten substitute; necessary for gluten-free baking; thickener for sauces and dressings	Dry, airtight container in freezer