



Gluten-Free Flours Guide

The most common gluten-free flours & what they are best used for:



Type	Properties	Best For (combined with other flours)	N, P, S, O*
Almond flour	<ul style="list-style-type: none"> • grain-free • high in protein and fibre 	Bread, muffins, cake	N, P, O
Amaranth flour	<ul style="list-style-type: none"> • distinct in flavor, slightly nutty • high in protein and fibre 	Bread, pancakes	P
Arrowroot starch/flour	<ul style="list-style-type: none"> • adds body and texture • works as a binder 	All baked goods	S
Buckwheat flour	<ul style="list-style-type: none"> • distinct in flavor • high in protein and fibre 	Pancakes, muffins	P
Chestnut flour	<ul style="list-style-type: none"> • adds sweetness and moisture 	Cake, bread	N
Chickpea flour	<ul style="list-style-type: none"> • strong bean flavor • high in protein and fibre 	Bread, flatbread, socca	P, O
Coconut flour	<ul style="list-style-type: none"> • very high in fibre; high in fat and protein • readily absorbs liquids, so use less 	All recipes	O
Corn flour	<ul style="list-style-type: none"> • also known as masa harina • in the UK, this is cornstarch 	Tortillas	O
Cornmeal	<ul style="list-style-type: none"> • adds texture • organic stone ground recommended 	Polenta, cornbread	N, O
Cornstarch	<ul style="list-style-type: none"> • adds body, texture; works as a binder • most brands are genetically modified 	All baked goods	S
Garfava flour	<ul style="list-style-type: none"> • combo of chickpea and fava bean flours with less of a "beany" taste • high in protein and fibre 	Bread, flatbread	P
Hazelnut flour	<ul style="list-style-type: none"> • adds moisture, flavor, and texture 	Bread, muffins, cake	N, P, O
Millet flour	<ul style="list-style-type: none"> • hint of sweetness • adds moisture and a delicate crumb 	Cakes, muffins	N, P
Oat flour	<ul style="list-style-type: none"> • only use certified gluten-free oats • talk to your doctor before using 	All recipes	N, O
Potato flour	<ul style="list-style-type: none"> • high density; use max. 2 tbsp in a recipe • adds moisture 	Breads	**
Potato starch	<ul style="list-style-type: none"> • AKA potato starch flour (not potato flour) • adds moisture 	Breads	S
Quinoa flour	<ul style="list-style-type: none"> • high in protein, fiber, and iron • adds structure to baked goods 	Breads, pastry	P
Rice flour (brown)	<ul style="list-style-type: none"> • generally gritty, though available as "super fine" 	Bread, cake, cookies	N
Rice flour (sweet)	<ul style="list-style-type: none"> • AKA glutinous rice flour and mochiko • works well as a thickener 	Mochi, most baked goods	S
Rice flour (white)	<ul style="list-style-type: none"> • gritty in texture but neutral in flavor • low in nutrients 	All baked goods	N
Sorghum flour	<ul style="list-style-type: none"> • my favourite! Fantastic flavor, texture • hint of molasses undertones 	All baked goods, highly recommended	N
Soy flour	<ul style="list-style-type: none"> • very high in protein and fat • adds moisture; has strong aftertaste 	Bread	P
Tapioca flour	<ul style="list-style-type: none"> • AKA tapioca starch • adds moisture and a hint of chewiness 	All baked goods	S
Teff flour	<ul style="list-style-type: none"> • high in protein and fibre • works well with cocoa or molasses 	- injera , most baked goods	P

* [N]: neutral flour [P]: higher in protein [S]: starchy flour [O]: can be used on its own
 ** potato flour should only be added in very small amounts in flour combinations