

What type of flour is right for you?

Try alternative flours by using a recipe with these ingredients first. It's best to get experience with a variety of flours before experimenting with substitutions on your own.

Shine **365**
Marshfield Clinic

Flour Variety	Price	Uses	Nutrition Notes
Almond Flour	\$4-\$12/pound Shop around locally or online for the best price.	<ul style="list-style-type: none">• Baking• Breading	Higher in: <ul style="list-style-type: none">• (healthy) fat• protein• calcium Low in: <ul style="list-style-type: none">• carbohydrates
Garbanzo Bean/ Other Bean Flour	\$3/pound Less if you grind your own in a high-power blender or home mill.	<ul style="list-style-type: none">• Baking• Thickener in:<ul style="list-style-type: none">- soups- sauces- gravies	High in: <ul style="list-style-type: none">• fiber• iron content Higher in: <ul style="list-style-type: none">• vitamin content• mineral content
Coconut Flour	\$5/pound	<ul style="list-style-type: none">• Baking• Breading	High in: <ul style="list-style-type: none">• fiber Higher in: <ul style="list-style-type: none">• fat related to naturally occurring fats in coconut Low in: <ul style="list-style-type: none">• carbohydrates
Oat Flour	\$2-\$3/pound	<ul style="list-style-type: none">• Baking	Good source of: <ul style="list-style-type: none">• soluble fiber, which helps to lower cholesterol
Gluten-free Flours from 100% whole grains	Varies	<ul style="list-style-type: none">• Cooking• Baking	Increased: <ul style="list-style-type: none">• vitamin content• mineral content Higher in: <ul style="list-style-type: none">• fiber

Storage: Refrigerate after opening to prevent the naturally occurring fats from going rancid.