

GLUTEN-FREE



Conversion Chart

AMOUNT OF WHEAT FLOUR	POTATO STARCH	RICE FLOUR	TAPIOCA STARCH	XANTHAN GUM
1/2 C	2 TBSP	1/3 C	1 TBSP	1/4 TSP
1 C	3 TBSP	1/2 C	1 TBSP	1/2 TSP
1 + 1/4 C	1/3 C	3/4 C	3 TBSP	2/3 TSP
1 + 1/2 C	5 TBSP	1 C	3 TBSP	3/4 TSP
1 + 3/4 C	5 TBSP	1 + 1/4 C	3 TBSP	1 TSP
2 C	1/3 C	1 + 1/2 C	1/3 TBSP	1 TSP
2 + 1/2 C	1/2 C	1 + 1/2 C	1/4 C	1 + 1/8 TSP
2 + 3/4 C	1/2 C	2 C	1/4 C	1 + 1/4 TSP
3 C	2/3 C	2 C	1/3 C	1 + 1/2 TSP

THINGS YOU SHOULD KNOW



If the recipe calls for...

- > 1 TSP of baking soda, use 1 TSP of baking soda + 1/2 TSP of baking powder
- > 1 TSP of baking powder, use 1-1/2 TSPS of baking powder.
- > If the recipe calls for 1 egg, use 2 eggs and decrease liquid in the recipe by 2 TBSPS.
- > If the recipe calls for 2 eggs, use 3 eggs and decrease the liquid in the recipe by 2 TBSPS.
(Decrease the liquid called for in the recipe by 2 TBSPS per egg added)