

GLUTEN-FREE FLOUR: A DEEP DIVE

Every alternative flour explained — texture, nutrition,
and exactly when to reach for it.

Provided by [Patisserie by M](#)

14

Flours
Explored

1:1?

Tips

From a
Patisserie

A NOTE FROM PATISSERIE BY M

Gluten-free baking can feel intimidating — but it doesn't have to be. Once you understand what each flour actually does, the whole thing clicks into place. This guide is designed to make you feel capable and excited in the kitchen, not overwhelmed by it.

FLOUR COMPARISON

How each flour behaves, what it brings nutritionally, and where it genuinely shines.

FLOUR	PROTEIN	CARBS	TEXTURE	BEST FOR
Almond Flour	6g	6g	Dense, moist	Cakes, cookies
Coconut Flour	4g	18g	Very absorbent	Muffins, pancakes
Rice Flour (white)	2g	25g	Light, neutral	Blends, batters
Brown Rice Flour	2.5g	23g	Slightly gritty	Breads, blends
Oat Flour (GF)	4g	21g	Soft, tender	Cookies, pancakes
Buckwheat Flour	4g	20g	Earthy, robust	Crepes, breads
Teff Flour	4g	22g	Mild, sweet	Muffins, flatbreads
Chickpea Flour	6g	13g	Dense, savoury	Flatbreads, batters
Cassava Flour	0.5g	28g	Closest to AP	Tortillas, wraps
Tapioca Starch	0g	27g	Chewy, stretchy	Blend additive
Arrowroot Powder	0g	28g	Light, silky	Thickening, blends
Sorghum Flour	3g	22g	Mild, sweet	Breads, baked goods
Tigernut Flour	2g	20g	Sweet, fibrous	Cookies, energy balls
Green Banana Flour	3g	25g	Dense, starchy	Smoothies, baking

Cassava flour is the closest single-flour substitute to all-purpose wheat flour. For best results, use a blend.

SUBSTITUTION

CHEAT SHEET

GF baking is learnable. Start here, use these ratios, and trust yourself in the kitchen.

CAKES & CUPCAKES

Almond flour + tapioca (75:25). Adds moisture — reduce butter by 15%.

BREADS & LOAVES

Sorghum + brown rice + tapioca (40:40:20). Add xanthan gum (1/4 tsp per cup).

COOKIES

Oat flour or almond flour 1:1. Both work beautifully. No binders needed.

PANCAKES & CREPES

Buckwheat or oat flour 1:1 for all-purpose. Buckwheat adds gorgeous depth.

PIZZA DOUGH

Cassava + tapioca (80:20) + 1 egg. The most pliable GF dough you can make.

THICKENING SAUCES

Arrowroot or tapioca starch 1:1 for cornstarch. Clearer, silkier result.

BINDERS — HOW TO REPLACE GLUTEN'S STRUCTURE

Gluten provides stretch and hold. Without it, pick one of these:

Xanthan Gum

1/4 tsp/cup

Breads, pizza

Psyllium Husk

1 tsp/cup

Dense loaves

Flax Egg

1 tbsp + 3 tbsp water

Cookies, muffins

Chia Egg

1 tbsp + 3 tbsp water

Neutral flavour



WHERE TO FIND THEM

Most GF flours are more widely available than you'd expect—here's exactly where to look.

FLOUR	COMMON BRANDS	WHERE TO FIND
Almond Flour	Bob's Red Mill, Anthony's, Kirkland	Costco, Walmart, Target, Amazon, Whole Foods
Coconut Flour	Bob's Red Mill, Anthony's, Nutiva	Walmart, Target, Amazon, most grocery stores
Rice Flour (white)	Bob's Red Mill, Arrowhead Mills	Most grocery stores, Amazon, Whole Foods
Brown Rice Flour	Bob's Red Mill, Anthony's	Most grocery stores, Amazon, Sprouts
Oat Flour (GF)	Bob's Red Mill, King Arthur GF	Walmart, Target, Amazon, Whole Foods
Buckwheat Flour	Bob's Red Mill, Arrowhead Mills	Whole Foods, Sprouts, Amazon, health stores
Chickpea Flour	Bob's Red Mill, Anthony's	Whole Foods, Sprouts, Amazon, Indian grocery
Cassava Flour	Otto's, Anthony's, Thrive Market	Amazon, Whole Foods, Sprouts, Thrive Market
Tapioca Starch	Bob's Red Mill, Anthony's, Let's Do	Most grocery stores, Amazon, Target
Teff Flour	Bob's Red Mill, Maska! Teff	Whole Foods, Sprouts, Amazon, health stores
Sorghum Flour	Bob's Red Mill, Authentic Foods	Whole Foods, Amazon, health food stores
Tigernut Flour	Organic Gemini, Terrasoul	Amazon, Whole Foods, Sprouts

SHOPPING TIP

Always look for the certified GF symbol on packaging — especially for oat flour, which is often cross-contaminated.



ALLERGIES & CELIAC DISEASE

WHAT YOU NEED TO KNOW

Not all GF flours are equal when it comes to allergies and autoimmune conditions — here's how to navigate it.

WHAT IS CELIAC DISEASE?

Celiac disease is an autoimmune condition where gluten — a protein in wheat, barley, and rye — triggers an immune response that damages the small intestine. Even trace amounts of gluten can cause harm. This is different from a gluten sensitivity or preference — for those with celiac, strict avoidance is medical necessity, not a lifestyle choice.

FLOUR-BY-FLOUR ALLERGY GUIDE

FLOUR	CELIAC SAFE?	COMMON ALLERGENS	NOTES
Almond Flour	YES ✓	Tree nuts (almonds)	Avoid with nut allergies
Coconut Flour	YES ✓	Tree nuts (coconut)*	Rarely allergenic
Rice Flour (white)	YES ✓	None common	One of the safest options
Brown Rice Flour	YES ✓	None common	Widely tolerated
Oat Flour (GF)	IF CERTIFIED	Oats*	Must say certified GF
Buckwheat Flour	YES ✓	None — not wheat	Name is misleading — safe
Chickpea Flour	YES ✓	Legumes	Avoid with legume allergy
Cassava Flour	YES ✓	None common	Very allergy-friendly
Tapioca Starch	YES ✓	None common	Highly tolerated
Teff Flour	YES ✓	None common	Safe for most
Sorghum Flour	YES ✓	None common	Safe, widely tolerated
Tigernut Flour	YES ✓	Not a nut — a tuber	Nut-free despite the name

CROSS-CONTAMINATION — THE HIDDEN RISK

ALLERGIES & CELIAC GUIDE

Even naturally GF flours can be contaminated if processed in facilities that handle wheat.