



GLUTEN-FREE FLOUR CHECKLIST

GRAIN FLOURS

- BROWN RICE FLOUR
- MILLET FLOUR
- SORGHUM FLOUR
- OAT FLOUR
- BUCKWHEAT FLOUR
- QUINOA FLOUR
- TEFF FLOUR
- AMARANTH FLOUR

STARCHES

- ARROWROOT
- TAPIOCA
- POTATO
- CORN

FLOUR STORAGE

TO AVOID HAVING YOUR FLOURS GO RANCID, BUY OR GRIND FLOURS IN SMALL AMOUNTS AND STORE THEM IN YOUR PANTRY.

IF YOU LIKE TO BUY FLOURS IN BULK OR DON'T USE THEM VERY OFTEN, STASH THEM IN THE FRIDGE OR FREEZER!

GRAIN-FREE FLOURS

- CHICKPEA FLOUR
- LENTIL FLOUR
- COCONUT FLOUR
- ALMOND FLOUR

ADDITIONAL NUT/SEED FLOURS

- SUNFLOWER SEED FLOUR
- WALNUT FLOUR
- SESAMEE SEED FLOUR
- PUMPKIN SEED FLOUR
- CASHEWS FLOUR
- PECAN FLOUR