

HOW TO MAKE FLOUR SUBSTITUTIONS



To Replace	You Can Make These Substitutions
1 cup Cake Flour	<ul style="list-style-type: none"> • 7/8 cup all-purpose flour (1 cup minus 2 Tablespoons) + 2 Tablespoons cornstarch
1 cup Pastry Flour	<ul style="list-style-type: none"> • ½ cup all-purpose flour + ½ cup cake flour
1 cup All-Purpose Flour	<ul style="list-style-type: none"> • 1 cup bread flour • 1 cup + 2 Tablespoons cake flour • 1 cup pastry flour • 1 cup self-rising flour minus baking powder and salt in the recipe • ¾ cup whole wheat flour plus more liquid • 1 cup white whole wheat flour plus 2 teaspoons liquid
1 cup Self-Rising Flour	<ul style="list-style-type: none"> • 1 cup all-purpose flour plus 1 ½ teaspoon baking powder and ¼ teaspoon salt
1 cup Whole Wheat Flour	<ul style="list-style-type: none"> • 1 cup all-purpose flour • ½ cup all-purpose flour + ½ cup whole wheat flour
1 cup White Whole Wheat Flour	<ul style="list-style-type: none"> • 1 cup all-purpose flour • ½ cup all-purpose flour + ½ cup white whole wheat flour
1 cup Bread Flour	<ul style="list-style-type: none"> • 1 cup all-purpose flour

Compiled by Nutrition and Food Safety Educator, Vicki Hayman



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EXTENSION

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