

# GLUTEN FREE COOKING SCHOOL'S FLOUR MIX CHEAT SHEET

**AP FLOUR = 7:7:4:2**

175 g grain/bean flour + 175 g starch flour +  
100 grain/bean flour + 50 g super absorbent

**CAKE FLOUR = 2:3**

200 g grain/bean flours  
+ 300 g starch flours

**BISCUIT MIX = 1:1**

300 g starch flours  
+ 300 g grain/bean flours

**PIE CRUST = 3:1**

300 g starch flours +  
100 grams grain/bean flour