

## Paleo Friendly Baking Flours

I highly encourage you to read my Page, [Autoimmune](#).

**Almond Flour**

**\*Almond Flour- blanched (skin removed)**

**Coconut Flour**

**Hazelnut Flour**

**Chestnut Flour**

**Pecan flour**

**Tapioca Flour**

**Cassava Flour**

**Plantain Flour**

**Sesame Seed Flour**

**Pumpkin Seed Flour**

**Sunflower Seed Flour**

**Walnut Flour**

**Macadamia Nut Flours**

**Pistachio Flour**

**Brazil Nut Flours**

**... There are more**

*Also, have on hand any nut as a "Meal". (Read note below)*

My blanched almond flour is from Honeyville Farms, flours and seeds to ground into meals or flour from Nuts on Line, JK Gourmet, and Barry Farm. Barry Farm is 80 acres of no chemicals. They are true farmers with a heart of gold. The site is not as user friendly yet they have plenty when it comes to assortment! I purchase flours in stores when in a pinch.

I am celiac so I HAVE TO have a tested gluten free flour with no cross contamination from mills. I look for the symbol of approval by a certified company in most of my purchases, not all.

**Note:** Meals are not as finely ground as flours and your result will not come out the same if you are following a recipe requiring flour. Most recipes will require flours and your result in baking will be lighter and fluffier using flour. Store all your nuts, seeds, flours and meals in the freezer using air tight containers or bags. They will stay fresher and last much longer. The nutrition value will last longer.

\*The skins are very high fiber/low carb, so when you remove them in blanched almond flour the carb cup per weight goes up some. Be sure to use a scale because the flour is denser in the measuring cup than with meals. *The fiber and/or irritate some people's intestinal lining.*

Tina Turbin, Founder of <http://paleoglutenfreerecipes.com>

Your Dependable Celiac and Gluten-Free Resource Guide

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