

# WHEAT SUBSTITUTIONS

IF YOU HAVE A WHEAT ALLERGY OR GLUTEN INTOLERANCE, YOU HAVE OPTIONS!!



THERE ARE MANY STORE-BOUGHT WHEAT SUBSTITUTE OPTIONS, BUT MAKE SURE TO READ YOUR LABELS!

YOU CAN REPLACE WHEAT FLOUR WITH STORE-BOUGHT OR HOMEMADE TREE NUT FLOURS MADE FROM ONE OF THESE\*



ALMOND



COCONUT



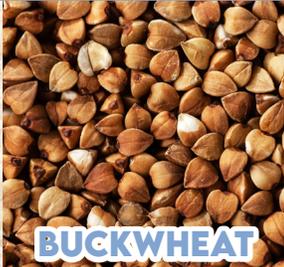
CASHEW



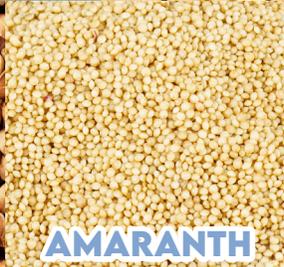
HAZELNUT



RICE



BUCKWHEAT



AMARANTH

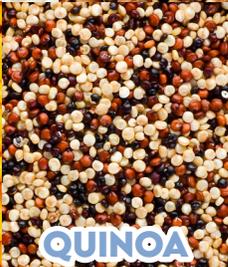


SORGHUM

YOU CAN FIND GRAIN FLOURS MADE FROM ONE OF THESE\*



CORN



QUINOA



TEFF

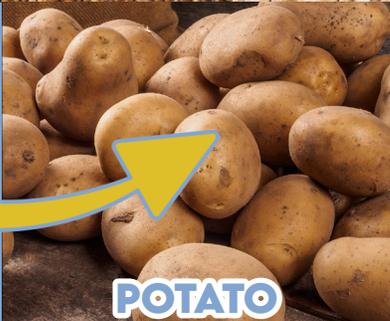


OAT



MILLET

YOU CAN FIND ROOT VEGETABLE FLOURS AS WELL\*



POTATO



TAPIOCA



ARROWROOT

\*JUST DON'T REPLACE ONE ALLERGEN FOR ANOTHER!