

Low-Carb Flour Guide (Cheat Sheet)

Purpose

A quick-reference sheet for baking and thickening decisions.

Low-Carb Flour Guide

Common Flour Swaps at a Glance

Use case	Best low-carb option	Key notes
Cakes & muffins	Almond flour	Moist, tender crumb
Dense bars & brownies	Almond + coconut blend	Improves structure
Yeast breads	Lupin flour	Closest to wheat texture
Thickening sauces	Oat fiber	Neutral, zero digestible carbs
Breading & coating	Almond flour	Soft crunch
Nut-free baking	Sunflower seed flour	May turn green with baking soda

Quick Conversion Notes

- **Almond flour:** Use ~1:1 by volume
 - **Coconut flour:** Use ~ $\frac{1}{4}$ cup for every 1 cup flour
 - **Oat fiber / bamboo fiber:** Use sparingly for structure only
 - **Blends work best** for texture and stability
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Baking Tips

- Low-carb flours brown faster
 - Increase eggs or moisture when using coconut flour
 - Let baked goods cool fully to set structure
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Best for: Home bakers, quick swaps, everyday recipes

Not ideal for: 1:1 substitution without recipe adjustment