

★★★ BAKING *by weight* ★★★

FLOUR	WEIGHT RANGE (per cup of flour)	AVERAGE WEIGHT (per cup of flour)	MY RESULTS	
Hard red whole wheat	120g - 132g	126g		
Hard white whole wheat	113g – 156g	135g		
Soft wheat (pastry)	96g – 113g	105g		
All purpose wheat	120g – 140g	130g		
Bread	120g – 157g	139g		
Brown rice	114g – 160g	137g		
White rice	138g – 171g	155g		
Millet	133g – 140g	137g		
Quinoa	110g – 124g	117g		
Buckwheat	120g – 175g	148g		
Whole grain sorghum	115g – 121g	118g		
Refined sorghum	121g - 138g	130g		
Whole grain einkorn	95g	95g		
Refined einkorn	120g	120g		
Chickpea	85g – 92g	89g		
Spelt	99g – 115g	107g		
Teff	135g – 167g	151g		
Tapioca	123g – 136g	130g		
Oat	98g – 120g	109g		