



# FLOUR SUBSTITUTIONS

## USING ALL PURPOSE FLOUR INSTEAD OF CAKE FLOUR

If the recipe calls for cake flour, but you only have all purpose flour:  
For every cup of all purpose flour, remove 2 Tbsp of it and replace it  
with 2 Tbsp cornstarch.

## USING ALL PURPOSE FLOUR INSTEAD OF SELF-RISING FLOUR

If the recipe calls for self-rising flour, but you only have all purpose:  
Add 1 1/2 tsp baking powder plus 1/4 tsp salt to every cup of all purpose  
flour.

## USING CAKE FLOUR INSTEAD OF ALL PURPOSE

If the recipe calls for all purpose flour, but you only have cake flour:  
Use use 1 cup plus 2 tablespoons cake flour for every cup of all-purpose  
flour called for in the recipe.

## USING SELF RISING FLOUR INSTEAD OF ALL PURPOSE

If the recipe calls for all purpose flour, but you only have self-rising:  
Leave out the baking powder and salt from the recipe. (as long as the  
recipe calls for about 1/2-1 tsp of baking powder per 1 cup flour.) If the  
recipe calls for more baking powder than 1/2-1 tsp, you'll need to add in  
more baking powder to make up the difference