

Gluten-Free Baking Ratios Cheat Sheet

Your go-to reference for perfect GF baking every time

Essential Flour Blends

All-Purpose GF Blend

Rice Flour	Potato Starch	Tapioca Starch
Rice Flour: 2 parts	Potato Starch: 2/3 part	Tapioca Starch: 1/3 part

Whole-Grain GF Blend

Sorghum	Potato Starch	Tapioca
Sorghum: 2 parts	Potato Starch: 1 part	Tapioca: 1 part

Light & Fluffy Blend (Cakes)

White Rice	Tapioca	Cornstarch
White Rice: 1 part	Tapioca: 1 part	Cornstarch: 1 part

Core Baking Ratios

Recipe Type	Flour	Fat	Liquid	Eggs
Cookies	3 parts	2 parts	1 part	1 lg
Muffins	2 parts	1 part	1 part	1 lg
Quick Bread	2 parts	1 part	1 part	1-2
Pancakes	1.5 parts	1 tbsp	1 part	1 lg
Cake	2 parts	1 part	1 part	2-3
Biscuits	3 parts	1 part	0.75 part	0-1
Pie Crust	3 parts	2 parts	3-5 tbsp	0
Pizza Dough	3 cups	2 tbsp	1 cup	1 lg

PRO TIP

GF batters often look wetter than wheat batters — that's normal! Resist adding extra flour. The starches absorb moisture as they bake.

Xanthan Gum Guide

Baked Good	Per Cup of GF Flour
Cookies	1/2 tsp
Cakes & Pancakes	3/4 tsp
Muffins & Quick Breads	3/4 tsp
Bread / Rolls	1 to 1-1/2 tsp
Pizza Dough	1 tsp
Pie Crust	1/2 tsp

PRO TIP

Skip xanthan gum if your flour blend already contains it. Check the label! Too much makes baked goods gummy.

Flour Substitution Guide

GF Flour	Best For	Swap Ratio
Almond Flour	Cookies, cakes	3/4 cup : 1 cup
Oat Flour (GF)	Muffins, pancakes	1 : 1
Coconut Flour	Dense bakes	1/4 cup : 1 cup
Rice Flour	General baking	7/8 cup : 1 cup
Sorghum Flour	Breads, muffins	1 : 1
Tapioca Starch	Binding, chew	Use in blend
Potato Starch	Moisture, fluff	Use in blend
Buckwheat Flour	Pancakes, bread	1 : 1
Cassava Flour	Tortillas, bread	1 : 1
Teff Flour	Bread, injera	1 : 1

Egg Replacement Guide

Substitute (= 1 Egg)	Best In
1 tbsp flax + 3 tbsp water	Muffins, breads
1 tbsp chia + 3 tbsp water	Cookies, bars
1/4 cup applesauce	Cakes, muffins
1/4 cup mashed banana	Pancakes, bread
3 tbsp aquafaba	Meringue, cakes
1/4 cup silken tofu	Dense baked goods
Commercial egg replacer	Follow pkg directions

Dairy-Free Swaps

Dairy Item	GF-Friendly Swap
Butter	Vegan butter or coconut oil (1:1)
Milk	Oat, almond, or coconut milk (1:1)
Buttermilk	Plant milk + 1 tbsp lemon juice
Heavy Cream	Full-fat coconut cream
Sour Cream	Coconut cream + lemon juice
Cream Cheese	Cashew or coconut cream cheese

PRO TIP

Coconut oil works best as a butter sub in cookies and pie crusts. Use refined coconut oil if you don't want coconut flavor.

Advanced Ratios & Troubleshooting

Leavening Ratios

Leavener	Amount per Cup GF Flour
Baking Powder	1 to 1-1/2 tsp
Baking Soda	1/4 tsp (with acid)
Yeast (active dry)	2-1/4 tsp per 3 cups flour
Yeast (instant)	2 tsp per 3 cups flour
Cream of Tartar	1/4 tsp (with baking soda)

PRO TIP

GF breads often benefit from slightly more leavening than wheat recipes. Add 25% more baking powder for extra lift.

Sugar & Sweetener Swaps

Sweetener	Ratio to 1 Cup Sugar	Notes
Honey	3/4 cup	Reduce liquid 3 tbsp
Maple Syrup	3/4 cup	Reduce liquid 3 tbsp
Coconut Sugar	1 cup	Direct swap
Monk Fruit	1/3 - 1/2 cup	Check brand
Stevia (baking)	1/3 cup	Add bulk filler
Agave Nectar	2/3 cup	Reduce liquid 2 tbsp
Date Sugar	1 cup	Won't dissolve fully

Temperature & Timing Adjustments

Baked Good	Temp	Time	Key Tip
Cookies	325-350°F	10-14 min	Cool on pan 5 min
Muffins	375°F	18-22 min	Fill cups 3/4 full
Quick Bread	350°F	50-60 min	Tent foil at 30 min
Cake	325-350°F	25-35 min	Don't overbake
Yeast Bread	375°F	35-45 min	Internal: 200°F
Pie Crust	400-425°F	12-15 min	Blind bake first
Pizza	425-450°F	12-18 min	Parbake crust 7 min

Storage Tips for GF Bakes

Item	Counter	Fridge	Freezer
Cookies	3-4 days	1 week	3 months
Muffins	2 days	5 days	3 months
Bread	1-2 days	5 days	3 months
Cake	2 days	5 days	2 months
Pie Crust	—	3 days	3 months
Pizza Dough	—	1 day	1 month

Troubleshooting GF Bakes

Too crumbly / falling apart

Add 1 extra egg or egg white. Increase xanthan gum by 1/4 tsp. Let baked goods cool completely before cutting.

Gummy or dense center

Reduce liquid by 2-3 tbsp. Don't overmix — stir just until combined. Bake 5 min longer at 25°F lower temp.

Too dry or gritty

Use superfine rice flour (not coarse). Add 1-2 tbsp extra fat. Try adding 1 tbsp sour cream or yogurt.

Doesn't rise enough

Check leavening freshness. Increase baking powder by 25%. For yeast bread, let dough rise in a warm, humid spot.

Flat cookies that spread

Chill dough 30+ min before baking. Use less butter or swap half for shortening. Increase flour by 2 tbsp.

Sinks in the middle

Avoid opening the oven during the first 3/4 of bake time. Reduce sugar by 1-2 tbsp. Ensure oven is calibrated.

Weird aftertaste

Blend multiple flours instead of using one. Toast rice flour 5 min at 350°F. Add vanilla or almond extract.

Quick Measurement Conversions

Measurement	Equivalent
1 cup GF flour	~140-160g (varies by type)
1 cup almond flour	~96g
1 cup coconut flour	~112g
1 cup oat flour	~120g
1 cup tapioca starch	~120g
1 cup sugar	~200g
1 stick butter	1/2 cup = 113g
1 tbsp xanthan gum	~9g

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