



NUNWEILER'S
FLOUR COMPANY

MAKE THE SWAP FLOUR GUIDE



All Purpose & Pastry Flour

Swap in Nunweiler's All Purpose & Pastry Flour in equal parts in your favourite recipes.

We love it in cakes, cookies, muffins & pastries!



Barley Flour

Swap in Nunweiler's Barley Flour to replace half to all the white flour in muffins, pancakes, quick bread, cookies and waffles. For best results with yeast bread and pizza crusts, only swap a quarter to half of the total flour with barley flour.

We love it in bread and especially in pizza dough!



Buckwheat Flour

You can easily incorporate Nunweiler's Flour Buckwheat Flour by subbing it for 25% of the wheat flour in a non-yeasted recipe (by weight or volume).

We love adding it to our favourite cookie, waffle or French Crepe recipe!



Dark Rye Flour

Swap in Nunweiler's Flour Dark Rye Flour by adding 25% more flour than the recipe calls for.

We love using it to bake dark rye bread and pumpernickel.

For recipes & to shop
nunweilersflour.com

FLOUR GUIDE



Light Spelt Flour/ Spelt Flour

Swap out standard bleached flour in your favourite recipes with Nunweiler's Light Spelt Flour in equal parts.

We love it for just about all baking, including pizza dough!



Red Fife Flour

For the most part, you can swap in Nunweiler's Flour Red Fife Flour in equal parts. If you find your recipe needs more, add 2 tablespoons per cup of flour.

We love it in artisan bread recipes! It is also great in cookies, pancakes and sauces.



Oat Flour

You can easily swap in Nunweiler's Flour Oat Flour by multiplying the flour quantity by 1.4. It also works well to do equal parts of Oat Flour and an All-Purpose or Bleached Flour.

We love using it in muffins, cookies, loaves and bread recipes!



Whole Wheat Flour

Swap in Nunweiler's Flour Whole Wheat Flour by using 50% whole-wheat and 50% All-Purpose, or substitute in equal parts for a more robust and hearty texture.

We love using it in cookie and bread recipes!

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