



# PALEO FLOUR BLEND- ALL PURPOSE 1:1 SUBSTITUTE

<b>Prep Time</b> 10 minutes	<b>Cook Time</b> -----	<b>Level</b> Easy
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## Ingredients:

- 2 Cups Almond flour/Meal (sifted)
- 1 Cup Arrowroot flour
- ½ Cup Coconut Flour
- ½ Cup Tapioca Flour/Starch

## Directions:

1. Sift almond flour until no clumps remain.
2. Combine all ingredients together and whisk well.
3. Store in an airtight container.



## Notes to the Chef...

Have a big family, double the recipe because it stores for several months.

## Nutrition

Total Servings: 4 cups | Calories: 544kcal | Carbohydrates: 61g | Protein: 14g | Fat: 29g | Saturated Fat: 4g | Sodium: 32mg | Fiber: 12g | Sugar: 3g | Calcium: 130mg | Iron: 2.8mg

