

Flour Conversion Chart

*All wheat berries differ from each other, this is just a starting reference

Flour Needed	Wheat Amount	Weight		Flour Needed	Wheat Amount	Weight
1/4 cup	1/8 cup	30g		1 cup	2/3 cup	120g
1/3 cup	heavy 1/8 cup	40g		1.5 cup	1 cup	180g
1/2 cup	1/4 cup	60g		2 cups	1&1/3 cups	240g
2/3 cup	1/3 cup	80g		3 cups	2 cups	360g
3/4 cup	1/2 cup	90g		4 cups	2&2/3 cups	480g