



WHOLE GRAIN to FLOUR CONVERSION CHART



Freshly Milled Goodness from Your Kitchen

Traditional Cooking for the Modern Pioneer

Freshly milled flour is lighter and fluffier than whole grain, so it takes more volume of flour than grain. Use these charts as a practical guide for everyday home baking.

HOW MUCH WHOLE GRAIN TO MILL

To get a certain amount of flour

DESIRED AMOUNT OF FLOUR	APPROXIMATE WHOLE GRAIN TO MILL
1 1/2 cups flour	1 cup whole grain
1 cup flour	2/3 cup whole grain
3/4 cup flour	1/2 cup whole grain
1/2 cup flour	1/3 cup whole grain
1/3 cup flour	about 3 1/2 tablespoons whole grain
1/4 cup flour	about 2 1/2 tablespoons whole grain

RULE OF THUMB

1 cup grain
yields about
1 1/2 cups flour

HOW MUCH FLOUR YOU'LL GET

From a certain amount of whole grain

WHOLE GRAIN UNMILLED	APPROXIMATE FLOUR YIELD MILLED
1/4 cup grain	about 3/8 cup flour
1/3 cup grain	about 1/2 cup flour
1/2 cup grain	about 3/4 cup flour
2/3 cup grain	about 1 cup flour
1 cup grain	about 1 1/2 cups flour

NOTE

These amounts are approximate and can vary slightly depending on the grain and how finely it is milled.

TIP

For the most consistent results in baking, use weight whenever possible.

100 g grain
≈ 100 g flour

1 lb grain
≈ 1 lb flour

WHY THE DIFFERENCE?

When whole grain is milled, the kernels break into smaller particles. The flour becomes lighter and takes up more space, so you get more volume of flour than grain.

GOOD TO KNOW

- Fresh flour contains the bran, germ, and endosperm.
- The weight stays about the same, but the volume increases.
- Store grain cool and dry, and mill just before using.

FOR HOME BAKERS

Milling your own grain connects you to generations of home bakers who valued real, nourishing food made from scratch.

Freshly milled. Lovingly baked.

Learn more about The Maslin Method at marysnest.com/category/home-baker/the-maslin-method/