

WHEAT BERRY CONVERSION CHART

***see note below**

1 CUP FLOUR	2/3 CUP BERRIES
1 1/2 CUPS FLOUR	1 CUP BERRIES
2 CUPS FLOUR	1 1/3 CUP BERRIES
2 1/2 CUPS FLOUR	1 2/3 CUP BERRIES
3 CUPS FLOUR	2 CUPS BERRIES
4 CUPS FLOUR	2 2/3 CUP BERRIES
5 CUPS FLOUR	3 1/3 CUP BERRIES

***Keep in mind, these are approximate and you may have a bit of extra flour.**

Store any extra flour in the freezer until it is needed to preserve nutrients.

THEROSEHOMESTEAD