**Facts on Flour**

There are so many different kinds of flour available…how do you know

which to choose?

|  |  |  |
| --- | --- | --- |
| **Types** | **What is it?** | **What is it for?** |
| All purpose flour |  |  |
| Whole wheat flour |  |  |
| Unbleached flour |  |  |
| Bread flour |  |  |
| Cake & Pastry flour |  |  |
| Self-rising flour |  |  |
| Cornmeal |  |  |
| Rice flour |  |  |