

Fresh Milled Flour Conversion Chart

Cups to Grams • How Much Wheat to Mill • Grain Choices • Troubleshooting

Flour Conversion: Cups to Grams

Recipe Calls For	Fresh Milled	Recipe Calls For	Fresh Milled	Recipe Calls For	Fresh Milled
⅛ cup	16 g	1¼ cups	163 g	3 cups	390 g
¼ cup	33 g	1½ cups	195 g	3¾ cups	423 g
⅓ cup	43 g	1¾ cups	228 g	3½ cups	455 g
½ cup	65 g	2 cups	260 g	4 cups	520 g
⅔ cup	87 g	2¼ cups	293 g	4½ cups	585 g
¾ cup	98 g	2½ cups	325 g	5 cups	650 g
1 cup	130 g	2¾ cups	358 g	6 cups	780 g

HOW MUCH WHEAT SHOULD I MILL?

Weigh your wheat berries before milling. If you need 390 g of fresh milled flour, weigh out 390 g of wheat berries, then mill them. The weight stays the same after milling—390 g of wheat berries will give you about 390 g of fresh milled flour.

Which Grain Should I Use?

Grain	Best Uses	What to Know
Hard White	Bread, rolls, pizza, cinnamon rolls, focaccia, buns	Strong gluten; milder wheat flavor.
Hard Red	Artisan bread, sourdough, bagels, hearty loaves	Strong gluten; robust whole-wheat flavor.
Soft White	Cookies, cakes, muffins, quick breads, pancakes, biscuits, scones	Lower protein; tender baked goods.
Spelt	Bread, muffins, cookies, pancakes	Sweet, nutty flavor; softer gluten and needs less kneading.
Einkorn / Emmer	Muffins, cookies, quick breads, pancakes	Sweet, nutty flavor; more fragile gluten structure.
Khorasan (KAMUT®)	Pasta, muffins, pancakes, tortillas	Golden flour; buttery flavor; more delicate gluten.
Durum	Pasta	High protein but lower gluten-forming potential; best suited to pasta.
Rye	Sourdough, quick breads, pancakes, muffins, cookies	Mild, tangy flavor; weaker gluten and higher moisture than wheat.

Fresh Milled Flour Kitchen Guide

Keep this page handy when choosing grains or adjusting a recipe.

Best Grain by Recipe

Recipe	Try This Grain	Recipe	Try This Grain
Sandwich bread	Hard white	Brownies	Soft white
Artisan bread	Hard red / hard white	Cake & cupcakes	Soft white
Sourdough	Hard white	Muffins	Soft white
Dinner rolls	Hard white	Banana / zucchini bread	Soft white
Cinnamon rolls	Hard white	Pancakes & waffles	Soft white
Pizza dough	Hard white	Biscuits & scones	Soft white
Focaccia	Hard white	Pie crust	Soft white
Hamburger buns	Hard white	Crackers	Soft white / hard white
Bagels	Hard red / hard white	Tortillas	Hard white
Cookies	Soft white	Pasta	Durum

Quick Troubleshooting

Problem	Try This
Dough feels dry	Rest first, then add liquid gradually if needed.
Bread is dense	Use hard wheat and make sure enough gluten is developed.
Bread crumbles	Check hydration and dough strength.
Dough is very sticky	Rest before adding more flour.
Cookies spread too much	Chill the dough or slightly increase flour.
Cookies don't spread	You may have added too much flour.
Cake is dense	Use soft white wheat and avoid overmixing.
Baked goods seem gritty	Mill finer and/or allow more hydration time.

REMEMBER

130 g per cup is a practical starting point. Different grains and recipes may need small adjustments, so let the dough or batter be your final guide. Give fresh milled flour time to hydrate before making additional adjustments.