

Tiger Nut, Coconut, Cassava, Tapioca & Arrowroot Flours Compared



Tiger Nut Flour	Coconut Flour	Cassava Flour	Tapioca Flour	Arrowroot Flour
<p>Taste: Mild, slightly sweet, nutty</p>	<p>Taste: Mild, slightly sweet, light coconut flavor</p>	<p>Taste: Mild, neutral flavor</p>	<p>Taste: Neutral, slightly sweet</p>	<p>Taste: Neutral, mild</p>
<p>Cooking Tips:</p> <ul style="list-style-type: none"> Naturally sweet. Works well in baked goods when aiming for softness. Best used in combination with other flours. 	<p>Cooking Tips:</p> <ul style="list-style-type: none"> Highly absorbent. Best for baked goods and thickening recipes. Needs more eggs / liquid to bind 	<p>Cooking Tips:</p> <ul style="list-style-type: none"> Versatile and easy to use. Good for baking, thickening, and as a gluten-free alternative to wheat flour. 	<p>Cooking Tips:</p> <ul style="list-style-type: none"> Great as a thickening agent. Adds chewiness and elasticity. Best used combined with other flours. 	<p>Cooking Tips:</p> <ul style="list-style-type: none"> Ideal for thickening sauces and soups. Enhances the texture of baked goods. Should be combined with other flours.
<p>Absorbance: High - absorbs a lot of moisture.</p>	<p>Absorbance: Very high - very absorbent and dense</p>	<p>Absorbance: Moderate - has good moisture absorbency</p>	<p>Absorbance: Low - doesn't absorb much moisture</p>	<p>Absorbance: Low - doesn't absorb much moisture</p>
<p>High - absorbs a lot of moisture</p>	<p>Low - lacks elasticity</p>	<p>Low - crumbly texture</p>	<p>Very high - very elastic and binding</p>	<p>Low - very little elasticity</p>
<p>Moderate</p>	<p>Moderate</p>	<p>Moderate</p>	<p>Moderate</p>	<p>Moderate</p>
<ul style="list-style-type: none"> Gluten-free, nut-free, grain-free. Made from tuberos rhizomes called "tiger nut." 	<ul style="list-style-type: none"> Gluten-free, nut-free, low-carb Contains healthy fats and fiber. 	<ul style="list-style-type: none"> Gluten-free, grain-free, low-carb Contains healthy fats and fiber. 	<ul style="list-style-type: none"> Gluten-free, grain-free. Made from the whole cassava root. 	<ul style="list-style-type: none"> Gluten-free, grain-free. Made from several tropical plant roots.

