

# CONVERSION CHART

## WHOLE WHEAT BERRIES TO GROUND FLOUR

FLOUR NEEDED

WHOLE WHEAT BERRIES

¼ cup flour	32g whole wheat berries
⅓ cup flour	43g whole wheat berries
½ cup flour	64g whole wheat berries
1 cup flour	128g whole wheat berries
1 ½ cups flour	192g whole wheat berries
2 cups flour	256g whole wheat berries
2 ½ cups flour	320g whole wheat berries
3 cups flour	384g whole wheat berries
3 ½ cups flour	448g whole wheat berries
4 cups flour	512g whole wheat berries
4 ½ cups flour	576g whole wheat berries
5 cups flour	640g whole wheat berries