

# Absorption Rates

This is the maximum amount of water absorbed. When we understand the differences, we can adjust recipes better.

FLOUR ABSORPTION RATES	
Type of flour	Absorption %
All purpose (refined)	65%
Bread (refined)	68%
Hard wheat	85%
Durum	85%
Soft wheat	75%
Spelt	75%
Einkhorn	75%
Sprouted wheat	75%
Rye	90%
Barley	100%
Oat	100%
Corn flour	85%
corn meal	85%

Each batch of grains will vary slightly, so don't use this as a hard and fast rule. It's simply made from my own observations doing an experiment.

