

Almond Flour vs Coconut Flour (vsdiff.com)

Attribute	Almond Flour	Coconut Flour
Primary source	Blanched or whole almonds	Dried, milled coconut meat
Texture in baking	Dense, <i>tender crumb</i>	Very absorbent, <i>dry crumb</i>
Typical swap ratio	Baseline (1x)	~ 0.25-0.33x by volume vs almond (requires extra liquid/eggs)
Allergen note	Tree nut allergen	Often considered allergenic in policy; botanically a drupe
Typical culinary uses	Cookies, shortbreads, pie crusts, <i>low-rise cakes</i>	Thickening, pancakes, fiber-rich bars, <i>binding</i>

Source: <https://vsdiff.com/almond-flour-vs-coconut-flour/>