

Proven keto-friendly solutions

Blends that can increase fiber and help you meet today's consumer priorities



Ready-to-use keto certified flour blends

Our keto certified flour blends offer a simple swap for traditional flour in your formulations to help you bring keto-friendly products to market quickly and meet the growing consumer demand for foods that provide more of the nutritional benefits they prioritize. Without changing your processes, equipment or signature recipes, our fiber-forward keto-friendly blends are designed to help increase the fiber content in your applications and create the great-tasting net carb products that today's consumers are seeking.



54%

of total consumers claim they are willing to pay more for grain-based foods that have high fiber.¹

Keto-friendly flour blends

Applications

- Bagels, English muffins and pitas
- Buns and rolls
- Cakes, cookies and muffins
- Coatings and crackers
- Croissants and pastries
- Pizzas and flatbreads
- Tortillas
- Wheat, white and seeded breads

Product highlights

- Excellent or Good Source of Fiber*
- Variety of application specific blends available to meet your needs
- Keep your existing recipe and broaden its appeal to an entirely new audience

Pack sizes

50 lb., totes and bulk

Certifications



*Based on 30g serving

Results will vary based on manufacturer's application. Any carb, "net" carb, keto or any other claim is the responsibility of the manufacturer.²

Custom keto-friendly blends

Not finding what you need in our ready-to-use blends?

Our dedicated blends experts are ready to help you create a custom blend to quickly innovate and commercialize. We bring insights, technical expertise and product development to help you go from idea to shelf quickly. We're here to develop the ideal blend for your business.



See how we helped an emerging bread startup develop new products.



As the premier flour-milling and ingredient company, we cultivate the future of plant-based solutions to help our customers and communities thrive. Our bold spirit of innovation and imagination has allowed us to approach our operations and partnerships differently, bringing sustainable thinking to everything we do.

Request a sample, order or start a conversation.

Visit ardentmills.com/ketofriendly or contact us at 888-680-0013.

¹ Ardent Mills Proprietary Analysis/Research 2024

² Ardent Mills provides grain- and pulse-based ingredients and technical formulation support for use in a wide range of food and nutrition applications. The information provided is offered solely for your consideration, investigation, and independent verification. We do not make, review, endorse, approve, or substantiate any finished-product claims. You are solely responsible for all labeling, marketing, and regulatory compliance for your products. Ardent Mills assumes no responsibility for any liability or damages arising out of or related to your finished products.