

Plant Power

Grain, pulse and seed solutions
for plant-based innovations



Plant-forward. Top of mind.

Meeting the demands of modern consumers.

With Ardent Mills' expansive portfolio of plant-based ingredients, we can help you **create innovative products** both you and your customers feel good about. We back you with a team of dedicated expert formulators and offer a broad national footprint, giving you the **localized support, scale, quality and service you need.**

Ardent Mills can help you meet today's plant-forward initiatives with a variety of products including:

- Chickpeas
- Lentils
- Quinoa
- Chia

Consumer demand for plant-based options is fueled by an interest in health, unique flavors, sustainable choices and enhancing human and animal welfare.



Plant-based foods are growing

Category ⁴	Sales (2020)	% Growth (past year)
Meat Alternatives	\$1.4B	43.3%
Frozen Meals	\$520M	28.5%
Protein Powder	\$292M	9.6%

40% of U.S. consumers prefer a combination of different protein sources.¹

39% of consumers said plant-based alternatives should be more available everywhere.²

38% of U.S. consumers report trying to consume protein from plant sources.³

1. Healthfocus International 2. Datassential, 2021 3. IFIC 4. 52-WEEK Calendar year ending December 27, 2020. Row data commissioned from SPINS powered by IRI and coded by PBFA and GFI.

Transforming how the world is nourished

To do what's right for the future of our planet, we're always looking for **innovative ways to work with our growers to improve** water conservation and regenerative agriculture practices, lower fertilizer usage, kickstart reduced-energy initiatives and optimize fuel usage.

We're continuously seeking opportunities to help position you for success and are **leading the way with investments in plant-based grains**, like quinoa and pulses—and with our recent asset acquisition of Hinrichs Trading Company, which operates across five locations and has more than 30 years of chickpea processing experience.

Hinrichs Trading Company. The newest member of the Ardent Mills family.



Chickpea. An agricultural wonder.

Chickpeas are a nitrogen-fixing crop that can play a key role in regenerative agriculture.¹



Quinoa. A sustainability powerhouse.

For every 1,000 acres of our Colorado quinoa planted, 366 million gallons of water are saved.²

1. The Global Pulse Confederation. 2. Water requirements, which are taken from fao.org and wisc.edu, are based on the assumption that the crop rotation where quinoa would be inserted into is two-thirds potato and one-third barley and alfalfa.

Plant-forward solutions to power your products



Pulses and Beans

Category	Application	Nutritional Highlights	Typical Protein Content (g/100g)
 Chickpea	Bakery, Pasta, Side Dishes, Snacks, Egg Replacers, Meat Analogs, Dairy Analogs	Excellent source of folate. Good source of fiber and thiamine.	GF 20g*
 Lentils (Green and Red)	Bakery, Pasta, Meat Analogs, Side Dishes, Snacks	Good source of fiber. Low in fat.	GF 24g*
 Fava Beans	Bakery, Pasta, Side Dishes, Snacks	High in folate (folic acid); good source of iron.	GF 26*

Whole Grains and Seeds

Category	Application	Nutritional Highlights	Typical Protein Content (g/100g)
 Quinoa	Side Dishes, Salads, Meat Analogs, Bakery, Pasta, Snacks	Excellent source of folate. Good source of fiber, thiamine, riboflavin, iron.	GF 14g*
 Chia	Side Dishes, Snacks, Bakery	Naturally occurring source of omega-3 fatty acids; high in fiber.	GF 16g*
 Sorghum	Bakery, Side Dishes, Snacks, Alcoholic Drinks, Pasta	Good source of fiber, thiamine, niacin.	GF 10g*
 Buckwheat	Bakery, Side Dishes, Snacks (popping), Pasta	Good source of fiber, riboflavin, niacin.	GF 13g*
 Amaranth	Bakery, Side Dishes, Snacks (popping), Pasta	Good source of fiber and iron.	GF 13g*
 Sustagrain Barley	Bakery, Snacks, Pasta	Good source of iron. Excellent source of fiber; 12g of soluble fiber.	13g*

*Protein digestibility varies by food type.

Most offerings are available in organic. All offerings are kosher certified and inherently non-GMO.

1. FoodData Central, USDA. 2021. Available on <https://fdc.nal.usda.gov/> 2. Note: Good source = Greater than or equal to 10% of the recommended daily value 3. Excellent source = Greater than or equal to 20% of the recommended daily value. AP0721