



# Gluten-Free Flours

Grain, pulse and specialty solutions  
for gluten-free flour applications



# Gluten-free means options.

Extensive offerings for today's consumers.

Ardent Mills is ready to support your needs for gluten-free flours, mixes, blends, and specialty grain products. With the addition of a dedicated gluten-free, specialty grain and pulse milling facility (formerly Firebird Artisan Mills) we can help you and your brand with a fully integrated supply chain.

**Ardent Mills' Harvey, ND facility can help you meet growing demand for gluten-free solutions with one of the industry's largest portfolios and resources including:**

- Packaging capabilities from bulk totes to bags (25 - 50 lbs)
- Dedicated team of experts to provide custom and turnkey solutions for plant-based ingredients
- BRC Food Safety top grade, four years running

**Streamlined processing at our dedicated gluten-free facility.**

- Mill, mix, and blend at one location to control quality, minimize contamination risk, and maximize efficiency
- Assessment and integrated handling to ensure safety at every step in our allergy-friendly facility. We do not mill ingredients identified as major food allergens
- R&D and technical solutions that align with manufacturer specifications for high quality products



## Gluten-free flours continue to hold consumer interest.

**41%**

of U.S. consumers claim to purposefully eat gluten-free out of choice.<sup>1</sup>

**1/3**

of \$ flour sales in recent time periods have been comprised of gluten-free flours.<sup>2</sup>

**30%**

of U.S. consumers are interested in gluten-free pizza crust options.<sup>3</sup>

1. Ardent Mills 2. Nielsen x AOC 3. Technomic



# Gluten-free plant-based flours for every application.



## Gluten-free Flours

| Category                                                                           |                      | Nutritional Highlights                                                   |                                                                                       |
|------------------------------------------------------------------------------------|----------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    | All-Purpose          | Good source of thiamine, niacin (depending on base ingredient).          |    |
|    | Amaranth             | Good source of iron.                                                     |    |
|    | Buckwheat            | Good source of fiber, thiamine, niacin.                                  |    |
|    | Millet               | Good source of thiamine, niacin.                                         |    |
|    | Oat                  | Good source of thiamine.                                                 |    |
|    | Quinoa               | Good source of folate.                                                   |    |
|   | Rice                 | Good source of thiamine, niacin.*                                        |   |
|  | Sorghum              | Great for baking applications.                                           |  |
|  | Teff                 | Good source of iron.                                                     |                                                                                       |
|  | Four Grain Blend     | Great for baking applications.                                           |                                                                                       |
|  | Five Grain Blend     | Great for baking applications.                                           |                                                                                       |
|  | Chickpeas            | Excellent source of folate, and good source for fiber, thiamine.         |  |
|  | Lentils              | Good source of iron and fiber.                                           |  |
|  | Fava Bean            | Excellent source of fiber, folate, and a good source for thiamine, iron. |                                                                                       |
|  | Chickpea / Fava Bean | Excellent source of folate, and a good source for thiamine.              |                                                                                       |
|  | Potato               | Great for baking applications, and as a thickener.                       |                                                                                       |

Listed offerings are kosher certified, inherently non-GMO\*\*, and can be well-suited for many types of applications including:

✓ Bakery ✓ Bars ✓ Pizza Dough ✓ Snacks (Including Extruded) ✓ Crackers ✓ Plant-based Milk ✓ Side Dishes

\*Brown Rice only  
\*\*Except Potato Flour