

Innovate with Ardent Mills

At Ardent Mills, we're cultivating the future of alternative grains. We're investing in the new ingredients that consumers are demanding, while providing the quality, safety, and delivery at every step of the supply chain you trust from us.

	Flour	Intact/Whole	Flakes	Conventional	Organic	Certified Gluten-Free
GLUTEN-FREE ANCIENT GRAINS						
Amaranth	◆	◆		◆	◆	◆
Buckwheat – dark, light	◆	◆		◆	◆	◆
Millet	◆	◆		◆	◆	◆
Quinoa – South American, black, tricolor, red		◆		◆	◆	◆
Quinoa – South American, white	◆	◆	◆	◆	◆	◆
Quinoa – Colorado, white, multicolor	◆	◆		◆		◆
Sorghum	◆	◆		◆	◆	◆
Teff – brown, ivory	◆	◆		◆	◆	◆
HERITAGE WHEATS						
Spelt	◆	◆		◆	◆	
White Sonora Wheat	◆	◆		◆		
OTHER GRAINS & SEEDS						
Whole Wheat Berries		◆		◆	◆	
Malted Barley	◆			◆		
Pearled Barley	◆	◆		◆		
Sustagrain® High-Fiber Barley ¹	◆	◆	◆	◆		
Oats	◆	◆	◆	◆	◆	◆
Rice – brown, white	◆			◆	◆	◆
Rice – sweet waxy	◆			◆		◆
Chia seeds ²		◆		◆	◆	◆
PULSES & BEANS						
Chickpea	◆	◆		◆	◆	◆
Fava Bean	◆			◆		◆
Lentil – green, red	◆			◆	◆	◆
FLOUR BLENDS & MIXES						
5-Grain Whole Grain Flour Amaranth, millet, quinoa, sorghum, teff	◆			◆		◆
All-Purpose Multigrain Flour Blend of whole grain flours (amaranth, brown rice, quinoa, sorghum, teff)	◆			◆		◆

¹Sustagrain: also available in steel cut. ²Chia Seeds: A verified heat treatment step is required for purchase.

Alternative grains continued



	Flour	Intact/Whole	Flakes	Conventional	Organic	Certified Gluten-Free
FLOUR BLENDS & MIXES CONTINUED						
Ancient Grains Plus™ Baking Flour Blend	◆			◆		
Gluten-Free 1:1 All-Purpose Flour Blend	◆			◆		◆
Gluten-Free Pizza Flour Blend	◆			◆		◆
Keto-Friendly Flour Blends	◆			◆		
Keto-Friendly Pizza Mix	◆			◆		
WHOLE GRAIN & SEED BLENDS						
Multigrain & Seed Blend Whole grain bulgur wheat, whole grain oats, sunflower seeds, whole grain barley, whole grain rye, whole grain triticale, whole grain yellow corn meal, flax seeds, pumpkin seeds, millet, whole grain brown rice, whole grain sorghum flour, amaranth, whole grain buckwheat flour, whole grain quinoa		◆		◆		
Ardent 8 Grain & Seed Blend Whole grain red wheat, whole grain oats, whole grain barley, whole grain triticale, whole grain white wheat, whole grain rye, amaranth, flaxseeds, wheat germ, whole grain cornmeal		◆		◆		
Essential Seed Blend Brown flax seeds, amaranth, poppy seeds, sunflower seeds, pumpkin seed, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)		◆		◆	◆	
Harvest Grain & Seed Blend Whole grain rye, whole grain wheat, whole grain oats, sunflower seeds, millet, flax seeds, whole grain quinoa		◆		◆		
Highland Grain Blend Whole grain wheat, whole grain oats, whole grain barley, whole grain bulgur wheat, whole grain yellow corn meal		◆		◆	◆	
Lucky 7 Grain Blend Whole grain oats, whole grain barley, whole grain rye flour, whole grain triticale, rice flour, whole grain bulgur wheat, yellow corn meal		◆		◆	◆	

Emerging Nutrition

Collaborate with our alternative grains center of expertise and cross-functional teams to innovate in this space with confidence. Our passionate experts have the specialized skills and knowledge that can help drive growth, backed by Ardent Mills' proven sourcing, grower relationships and supply chain excellence to help you ensure field to fork success.

Gluten-Free. Elevated.

With growing market demand in alternative grains, Ardent Mills has further expanded its capabilities by acquiring the assets of Hinrichs Trading Company (HTC), the North American leader in chickpea sourcing, cleaning and packaging, and Firebird Artisan Mills, a leading gluten-free, specialty grain and pulse milling company.

Current availability may vary. Contact (888) 680-0013 or info@ardentmills.com for more information.

Custom blends & mixes

Backed by expert R&D and technical service professionals, Ardent Mills can build (or create) the perfect blend for your applications with our leading portfolio of refined flours and innovative whole grains:

- Custom grain & seed blends
- Complete mixes (e.g., pizza mixes)
- Gluten-free blends
- Net carb and Keto-friendly blends

Enhanced food safety

Ardent Mills' SafeGuard™ Treatment & Delivery System is a proprietary, comprehensive, integrated solution that dramatically reduces the food safety risk related to pathogens, with up to a 5-log validated pathogen reduction, while maintaining optimum flavor, texture and appearance.

Packaging options

Flours, whole grains & seeds:
2lb, 5lb, 25lb, 50lb, totes, bulk



Most offerings are available in organic, non-GMO and kosher. Please contact an Ardent Mills sales representative to find out more.