

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.¹

1/3

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

30%

of U.S. consumers are interested in gluten-free pizza crust options.³

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.

*Brown Rice Only

All 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