



# Sprouted White Spring Whole Wheat

FLOUR, BLENDS & INCLUSIONS



▶ ON TREND  
with *enlightened*  
consumers

▶ CONVENIENT  
and versatile flour,  
blends & inclusion

▶ NATIONAL  
scale and availability



SPROUTED



WHITE SPRING  
WHOLE WHEAT FLOUR

CRACKED WHEAT

ALL-PURPOSE FLOUR

## HOW WE SPROUT



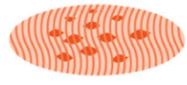
▶ It starts with identity-preserved, contract-grown white spring whole wheat.



▶ The wheat is then steeped for a precise amount of time at a precise temperature.



▶ During steeping, the wheat kernels germinate or sprout.



▶ Next, a gentle kilning step stops germination.



▶ Finally, the sprouted wheat is milled into whole wheat flour.

## Join The Sprouted Revolution With A Trusted National Partner.

Ardent Mills Sprouted White Spring Whole Wheat Flour is an innovative whole wheat flour bakers, developers and consumers will love. And we've got the supply, scale and expertise to help you bring new products to life.

### CONVENIENT FLOUR FORMAT

Sprouted White Spring Whole Wheat Flour is a convenient alternative to sprouted mashes – making it easy to add sprouted goodness to a variety of foods with minimal formula or process changes.

### CONSISTENT PERFORMANCE EVERY TIME

We sprout our proprietary, identity-preserved wheat using exacting control standards for safety, quality and performance. Next we gently dry and then mill the naturally nutritious, sprouted whole wheat for our consistent, high-functioning flour.

### COST SAVINGS

Baking with Ardent Mills sprouted flour requires less vital wheat gluten compared to baking with a sprouted mash or traditional whole wheat flour. Sprouted White Spring Whole Wheat Flour has a less bitter flavor, which reduces the need for sugar. The flour also absorbs more water than traditional flour.

### TECHNICAL SUPPORT

The largest technical service team in the industry is here to support you in the lab, at your plant and in the restaurant, from concept ideation all the way to product launch.

### NATIONAL SCALE AND AVAILABILITY

Our sprouting capabilities and expansive grower network translates into supply assurance. Along with our other capabilities, we're ready to support your regional or national product launches.

# Sprouted Is Growing. Together We Bring It To Life.



Identity-preserved white spring wheat



Precision sprouting, kilning & milling



National scale & availability



Convenient flour for your creations

Today's consumers want simple, wholesome foods, and Ardent Mills Sprouted White Spring Whole Wheat portfolio fits the bill. Whether you're looking for the marketing appeal of "sprouted" or you want to capitalize on the baking and taste benefits, Ardent Mills is ready to work together to bring your new idea to life.

From our consumer insights to our Technical Service team, we have the tools and people in place to support your new product development. And with our mixing and bakery capabilities, we're a true partner to collaborate and develop what's next.

## SPROUTED PRODUCTS

### ▶ SPROUTED WHITE SPRING WHOLE WHEAT FLOUR

Ardent Mills Sprouted White Spring Whole Wheat Flour is the foundation of our sprouted portfolio. We start with contract-grown, identity-preserved white spring wheat, and then sprout, kiln dry and mill this convenient, versatile flour. Highly functional with better baking performance, use it in any application instead of whole wheat flour.

### ▶ SPROUTED CRACKED WHITE SPRING WHOLE WHEAT

A unique option to add visual identity and texture, we use the same wheat in our Sprouted White Spring Whole Wheat Flour but crack it rather than mill it into a fine flour.

### ▶ SPROUTED WHEAT ALL-PURPOSE FLOUR

An all-purpose, functional flour blend for a wide variety of applications, featuring Sprouted White Spring Whole Wheat Flour, crushed red wheat and premium white flour.

## Complete Mixes and Finished Breads

Ardent Mills' expansive capabilities allow us to develop complete mixes formulated for your applications. And with our Innovative Bakery Resources, we can work with you to develop bread prototypes, co-manufacturer and assist in scaling up production. Contact your Ardent Mills account representative to learn more.



## Applications

- BREADS
- BUNS
- BAGELS
- TORTILLAS
- PIZZA CRUSTS
- PASTA
- CRACKERS
- BREAKFAST BREADS
- SNACKS
- CEREAL BARS



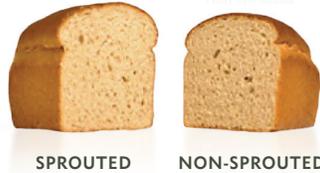
Garden Veggie sandwich featuring bread made with Sprouted White Spring Whole Wheat Flour

## BETTER BAKE PERFORMANCE

The act of sprouting actually improves bake performance. Ardent Mills Sprouted White Spring Whole Wheat Flour performed better than its non-sprouted counterpart on several important baking measurements — loaf volume and proof times.

**12%** GREATER LOAF VOLUME

Versus non-sprouted whole wheat flour



The proof time benefit is brought about by the sprouting and kilning processes. First, the sprouting process increases the levels of enzymes, which break down flour components such as starch into simple and complex sugars. During bread fermentation, these sugars nourish the yeast, enabling it to produce more gas to leaven the dough. Secondly, the sprouting and kilning processes naturally mature flour, which appears to improve the dough's ability to retain the gas produced.

**10%** DECREASED PROOF TIME

Versus non-sprouted whole wheat flour



## Sprouting Can Improve Taste

Ardent Mills recently completed a study to understand what drives liking of whole wheat flour. While the characteristics that drive liking can vary depending on specific consumer segments, we know of two nearly universal truths.

### LIKING IS INCREASED WHEN:

- ▶ SWEETNESS IS ELEVATED
- ▶ BITTERNESS IS REDUCED

Bread baked with Ardent Mills Sprouted White Spring Whole Wheat Flour possesses these characteristics to a greater degree (statistically significant) than its non-sprouted counterpart.\*

\*Whole Wheat Drivers of Liking Central Location Test with Adults and Children (K-12), 2013. By: Ardent Mills & North Carolina State University.

## SPROUTED WHITE SPRING WHOLE WHEAT FLOUR NUTRITIONAL DATA (per 100g)

NUTRIENTS		MINERALS		VITAMINS	
Calories, Kcal	327.0	Phosphorous, mg	330.0	Calories, Kcal	327.0
Carbohydrate, g	72.10	Magnesium, mg	160.0	Vitamin E, mg	4.43
Protein, g	14.10	Calcium, mg	46.0	Niacin, mg	1.28
Total dietary fiber, g	12.60	Zinc, mg	5.75	Vitamin B6, mg	0.58
Sugars, g	3.60	Sodium, mg	4.0	Thiamine, mg	0.35
Total fat, g	2.42	Iron, mg	3.08	Riboflavin, mg	0.18
Ash, g	1.60	Copper, mg	0.45		

*Our sprouted wheat flours are Non-GMO ingredients.*



For more information, samples, or to order, contact your Ardent Mills account manager, visit [ardentmills.com](http://ardentmills.com) or call 800-851-9618.



*Nourishing what's next.®*