

# Hungarian High Altitude® Flour



# The Story of Hungarian Milling and Flours That Perform at High Altitude

Since humankind first began milling wheat into flour, there have been only a few truly important changes in the milling process — none more dramatic than that developed in Hungary more than 100 years ago. This became known as the “Hungarian Patent” process – a way of milling wheat with extra fine sifting and regrinding.

Today, Ardent Mills' Hungarian High Altitude® Flour is milled exclusively at our Commerce City Colorado Mill. Located at 5,164 feet above sea level, almost a mile in elevation, our team uses the Hungarian milling process for wheats from the hardy wheat country of Colorado, the Dakotas and Montana, to produce the finest bread baking flour available. This has long been – and still is – the finest flour you can buy for superior baking flavor and quality.



## Hungarian High-Altitude® Formats

	Category	Application	Nutritional Highlight	Typical Protein Content (g/100g)
	<b>All Purpose Flour</b>	Pan Breads, Pancakes, Biscuits, Cookies, Muffins, Quick Breads, Pizza Crust, Tortillas, Batters, Breading	Bleached & enriched 	10g*
	<b>Unbleached Flour</b>	Pan Breads, Pancakes, Muffins, Quick Breads	Unbleached & enriched 	10g*
	<b>Whole Wheat Flour</b>	Pan Breads, Pancakes, Muffins, Quick Breads	Unbleached 	14g*

\*Protein digestibility varies by food type

## Pack Sizes Available

5 lb.- and 10 lb.-bags

To learn more about our retail flour options, contact us at (866) 452-0068 or visit us online at [ardentmills.com](https://www.ardentmills.com)

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