

Cater to keto lovers

Ready-to-use and custom blends, made easy



Simple & smart

keto friendly solutions



Together, let's bring keto ideas to life

Keto friendly and lower net carb diets are no longer a fad, they're a way of life. With a simple swap to our keto certified flour blends and custom solutions, you can bring new great-tasting keto friendly products to market quickly and easily, **without changing your processes, equipment or signature recipe.**



33%

of consumers claim to actively manage carb intake through daily dietary behaviors¹



The global ketogenic diet market size is expected to reach \$14.75 billion by 2027²

↑ 12%

Carb and net carb management products are growing at 12% CAGR³

40% yearly increase in appearance of menu items with a keto claim⁴



1 Ardent Mills proprietary analysis/research

2 Mintel Purchase Intelligence

3 Innova Market Insights

4 Technomic

Ready-to-use keto certified flour blends

Our ready-to-use certified flour blends offer a simple swap from your traditional flour, so you can keep an existing recipe and broaden its appeal to an entirely new audience.

We offer a variety of blends to fit your application needs

- ◆ Bread
- ◆ Pizza crust
- ◆ Tortillas
- ◆ Pan breads
- ◆ Bagels
- ◆ Breadsticks
- ◆ Crackers
- ◆ Chips
- ◆ Pita bread
- ◆ Waffles
- ◆ Cookies
- ◆ Pancakes
- ◆ Muffins
- ◆ Biscuits and buns
- ◆ Batters and breadings



- ◆ Sizes: 40 lb., 50 lb., totes and bulk
- ◆ All offerings are kosher certified



Custom keto friendly blends

Not finding what you need in our ready-to-use blends? The dedicated experts at Ardent Mills Bakery Resources enable customers to quickly innovate and commercialize bread and baked good products. **We bring insights, technical expertise, product development, marketing and packaging** to help customers go from idea to shelf quickly. We're here to develop the ideal blend for your business.



See how we helped an emerging bread startup develop new products.

Click or scan the code to read the case study now.





Imagine

the keto possibilities

Benefits of offering keto friendly products

- Appeals to a wide range of consumers with a variety of dietary needs
- Helps you stay competitive, with keto friendly menu items rising at a dynamic pace
- **Use of certified flour blends builds consumer trust in your offerings**
- Opportunity to expand into a major market where consumers have unmet needs



Ardent Mills is transforming how the world is nourished. As the premier flour-milling and ingredient company with more than 40 locations focused on traditional wheat, quinoa, chickpeas, pulses, organic and gluten free products, we cultivate the future of food to help our customers and communities thrive.

Request a sample, order or start a conversation.
Visit ardentmills.com/ketofriendly or contact us at 888-295-9470.

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