

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

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

|  | Flour | Intact/Whole | Flakes | Conventional | Organic | Certified Gluten-Free |
|--|-------|--------------|--------|--------------|---------|-----------------------|
| <b>FLOUR BLENDS &amp; MIXES CONTINUED</b>  |       |              |        |              |         |                       |
| <b>Ancient Grains Plus™ Baking Flour Blend</b>   | ◆     |              |        | ◆            |         |                       |
| <b>Gluten-Free 1:1 All-Purpose Flour Blend</b>   | ◆     |              |        | ◆            |         | ◆                     |
| <b>Gluten-Free Pizza Flour Blend</b>   | ◆     |              |        | ◆            |         | ◆                     |
| <b>Keto-Friendly Flour Blends</b>  | ◆     |              |        | ◆            |         |                       |
| <b>Keto-Friendly Pizza Mix</b>   | ◆     |              |        | ◆            |         |                       |
| <b>WHOLE GRAIN &amp; SEED BLENDS</b>   |       |              |        |              |         |                       |
| <b>15 Grain &amp; Seed Blend</b><br>Bulgur wheat, oats, sunflower seeds, rye, triticale, barley, corn meal, flax seeds, sesame seeds, millet, brown rice, sorghum, amaranth, buckwheat, quinoa |       | ◆            |        | ◆            |         |                       |
| <b>Ardent 8 Grain &amp; Seed Blend</b><br>Whole grain red wheat, oats, barley, triticale, whole grain white wheat rye, amaranth, flaxseed, wheat germ, cornmeal                                |       | ◆            |        | ◆            |         |                       |
| <b>5 Seed Blend</b><br>Flaxseed, amaranth seeds, poppy seeds, sunflower seeds, sesame seeds  |       | ◆            |        | ◆            |         |                       |
| <b>Harvest Grain &amp; Seed Blend</b><br>Whole grain rye, whole grain wheat, whole grain oats, sunflower seeds, millet, flax seeds, sesame seeds   |       | ◆            |        | ◆            |         |                       |
| <b>Highland Grain Blend</b><br>Whole grain wheat, whole grain oats, whole grain barley, whole grain bulgur wheat, yellow corn meal   |       | ◆            |        | ◆            |         |                       |
| <b>Lucky 7 Grain Blend</b><br>Oats, rye flour, barley, triticale, rice flour, 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](mailto: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 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.