




INTELLIGENT DISTRIBUTION STARTS HERE

*Dedicated gluten-free,
full-service mill
offering flour and mixes*

Dedicated Gluten-Free Mill 

Ancient Grains • Organic • Gluten-Free • Pulses • Whole Grains



ANCIENT GRAINS / GF FLOURS & STARCHES / GF ORGANIC GRAINS & FLOURS

CONVENTIONAL & ORGANIC FLOURS, GRAINS, STARCHES

GF Conventional Flours
GF Organic Flour
GF Conventional Grains
GF Organic Grains
GF Conventional Starches
GF Organic Starches
GF Blends
GF Mixes

APPLICATIONS

- Baked goods
- Crackers
- Cereal products
- Bread
- Pasta
- Tortilla & wraps
- Cookies
- Granola bars
- Pancakes & waffles
- Coatings

BENEFITS

- Certified Organic
- Certified Gluten-free
- Non-GMO
- Increased fiber content
- Reducing caloric content
- Enhanced thickness/texture
- Non-allergenic
- Wide-range of particle sizes

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ANCIENT GRAINS / GF FLOURS & STARCHES / GF ORGANIC GRAINS & FLOURS

FIREBIRD GLUTEN-FREE PRODUCT LINES

GF CONVENTIONAL FLOURS

Amaranth
Brown Rice
Brown Teff
Dark Buckwheat
Fava Bean
Flax
Garbanzo/Fava Bean
Garbanzo
Green Pea
Ivory Teff
Lentil, Green
Light Buckwheat
Millet
Millet Meal
Navy Bean
Quinoa
Sorghum
Sweet Waxy Rice
White Rice
Yellow Pea

GF CONVENTIONAL GRAINS

Amaranth Whole Grain
Brown Rice Kernels
Brown Teff Seeds
Buckwheat, Whole, Dark
Buckwheat Groats, Light
Garbanzo Bean
Ivory Teff Seeds
Millet Whole Grain
Quinoa Whole Grain
Sorghum Whole Grain

GF ORGANIC FLOURS

Amaranth
Black Turtle Bean
Brown Rice
Brown Teff
Dark Buckwheat
Fava Bean
Flax
Garbanzo
Green Pea
Ivory Teff
Lentil, Green
Lentil, Red
Light Buckwheat
Millet
Navy Bean
Quinoa
Sorghum
White Rice
Yellow Pea

GF ORGANIC GRAINS

Amaranth Whole Grains
Brown Rice Kernels
Buckwheat, Whole, Dark
Buckwheat Groats, Light
Garbanzo Beans
Millet Whole Grains
Quinoa Whole Grains
Sorghum Whole Grains

GF CONVENTIONAL STARCHES

Arrowroot
Cornstarch
Potato
Tapioca

GF ORGANIC STARCHES

Potato
Tapioca

GF BLENDS & MIXES

5 Grain Whole Grain Flour
All-Purpose White Flour
All-Purpose White Flour w/
Millet
All-Purpose White Flour w/
Sorghum
Organic 4 Grain Whole Grain
Flour
Organic 5 Grain Whole Grain
Flour
Pancake Mix