

# Dempsey food

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 CONVENTIONAL & ORGANIC GRAINS & FLOURS / ARTISAN CRISPS

## PRODUCT LINES

### 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

### ARTISAN CRISPS

Suntava Purple Corn  
Red Lentil  
Cocoa Buckwheat  
Yellow Buckwheat

## 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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### 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

#### GF ARTISAN PROTEIN CRISPS

Cocoa Buckwheat Pea 60%  
Red Lentil 60%  
Yellow Buckwheat Fava 60%  
Purple Corn 50%