

Dear Customer, hello everybody,

You had questions about our products and the ingredients we are using – and the ones we are not. Here are the most commonly asked questions:

Questions & Answers

Q: What is untreated, unbleached wheat flour?

A: This flour is milled specifically for Stonemill. We like to think of our flour as unrefined or “Extra Virgin Flour”. Just as extra virgin olive oil comes from the first pressing of the olives, our flour comes from the first break. At first break the wheat kernel is cracked and the “clear flour” along with bits of bran go first through the sifters. Therefore our flour is the closest to the bran and the wheat berry, providing more carotene and higher protein, which makes the flour darker in color and provides better taste.

Q: Do you use 100% whole grain flour?

A: Some of our breads use/are made with 100% whole grain while others have a combination of different flours and up to 30% of a variety of seeds and alternate grains.

Usually we make our breads from up to 4 different flours: Untreated Wheat flour, Organic Whole Rye Flour, Organic Whole Wheat Flour and Organic Whole Spelt Flour. We also use a large quantity of different grains (whole oats & barley) and seeds (sunflower seeds, flax seeds, pumpkin seeds) in our breads to increase the natural taste and nutritional value of our breads. The combination of all our ingredients make our breads so special. The key to healthy eating is a well balanced diet. Our breads are formulated to deliver the most balanced product for a healthy, nutritious diet.

Q: Do you use whole or ground flax seeds?

A: We are using a combination of freshly ground flax (to fully unlock the nutrients and essential fatty acids) and whole flax seeds that are partially sprouted for better taste, digestion and nutritional value.

Q: What are Essential Fatty Acids?

A: These are fatty acids (linolenic omega 3, DHA omega 6, CLA, etc.) that are required in the human diet. This means they must be obtained from food. Essential Fatty Acids cannot be synthesized by the body from other fatty acids.

Q: Is your bread yeast free?

A: No. But our doughs are fermented for a very long time. This creates lactic acid for better digestion and complex flavors for better taste. We usually use only $\frac{1}{3}$ of the yeast you would find in regular bread.

Q: Do you use sugar in your bread?

A: No. Just as with fine wine our breads are fermented without adding sugar. This, in combination with a long fermentation time gives our breads their complex flavor and the moist, chewy texture.

Q: Do you use chemicals, preservatives or additives?

A: No. All of our ingredients are “all natural ingredients”.

Q: Are your ingredients genetically (GMO) modified?

A: No. We take great care sourcing our ingredients. We require non GMO certificates from all of our suppliers. If we can not get certificates for certain ingredients we use, then we use certified organic ingredients.

Q: Do your products contain Trans fats or shortening?

A: No. We do not use any hydrogenated oils. Most of our breads



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do not contain any added fats. Only our Organic Whole Wheat & our Organic Oat Bran Bread have “expeller cold pressed organic Soya oil” added.

Q: What are net carbs & good carbs?

A: Regular/net carbohydrates as found in white bread and sugar, are not metabolized well by our body and packed away into muscle and fat cells, thus contributing to an increase in body weight. Complex carbohydrates (good carbs) provide slowly released sugars into the blood stream, thus allowing for the steady moderate metabolism of these sugars, both into and out of their storage cells, decreasing hunger. This can contribute to a weight-loss diet. Our breads are high in good carbs.

Q: What is malted wheat flour or pregelatinized malt?

A: Malted wheat is made by roasting regular or sprouted wheat kernels. These kernels are ground into flour. Pregelatinized does not mean that it contains gelatin. This is only the technical term.

Thank you for inviting us to your table. I appreciate your comments and enjoy communicating with you and will always reply to every comment or question.

Cheers,



Gottfried Boehringer, President

Gottfried@stonemillbakehouse.com

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