

FAQ

✓ **Where are Simple Mills products made?**

All Simple Mills products are made in North America (USA & Canada).

✓ **Are your products gluten free?**

Yep! Every last one of them.

We take our gluten free status very seriously and go above and beyond the industry standards to confirm the safety of our products. All our products are naturally 100% gluten free. We also do extensive finished-product gluten testing conducted by a third-party laboratory that is an AOAC International certified lab for gluten testing and competence.

✓ **Are your products Kosher?**

All of our products are Orthodox Union (OU) Kosher Certified.

✓ **Are your crackers baked or fried?**

Our crackers are baked - never fried!

✓ **Are your chocolate chips vegan?**

Yes!

We at Simple Mills carefully source our ingredients and can confirm that our chocolate chips are completely vegan. They do not contain animal products or by-products, do not involve animal testing or finished product animal testing, and contain cane sugar not processed with with bone char.

All of our cocoa and chocolate products are dairy, soy, and lecithin-free! We are proud to share our supplier partner has a sustainability initiative, improving social and environmental welfare throughout the supply chain.

✓ **Are your products vegan?**

The vast majority of our products are vegan or, in the case of our baking mixes, can be prepared vegan. These are the exceptions:

Farmhouse Cheddar Almond Flour Crackers
Soft Baked Bars
Soft Baked Cookies

Which products are Paleo-friendly?

The vast majority of our products are Paleo-friendly or, in the case of our baking mixes, can be prepared Paleo. These are the exceptions:

Farmhouse Cheddar Almond Flour Crackers
Peanut Butter Soft Baked Cookies
Chunky Peanut Butter Soft Baked Bars
Any cookies, baking mixes, and bars with chocolate chips (this includes our Brownie Mix)
Organic Frostings

In the colored box below the ingredients list, you'll find "Paleo-friendly" on any of our Paleo-friendly products.

Are your products and ingredients non-GMO?

Many of our products are Non-GMO Project Certified, and all of our ingredients are free of GMOs and in compliance with the FDA's non-GMO labeling requirements. We have the documentation to prove it.

However, we are reevaluating the Non-GMO Project certification on our products because of the added cost to obtain this certification, which we want to avoid passing on to consumers. We want to keep our products affordable so that as many people as possible can realize the benefits of clean, nutritious eating.

While the Non-GMO Project Verified seal may be missing on some products, nothing about our "no GMO" policy has changed. We will never – ever – use a genetically modified ingredient. We will always have your non-GMO back – on every product in our portfolio. Enjoy in good health!

✓ **What's the shelf life of a Simple Mills product?**

Our crackers, cookies, and bars have a shelf life of 180 days (about 6 months) from production.

Our baking mixes and frostings have a shelf life of 1 year.

Because we use all natural ingredients and no artificial preservatives in our products, they have a shorter shelf life than some conventional products.

Is your palm oil ethically sourced?

We use certified responsibly sourced palm oil that ensures safe and sustainable harvesting. Our palm oil sourced from South America, is RSPO-certified, and implements sustained yield agroforestry methods. Our supplier is EcoSocial-certified, assuring producers practice fair relations in trading socially and environmentally certified products.

• **Do you use blanched almonds?**

The following products use **entirely blanched** almond flour:

Almond Flour Crackers (all flavors)

Chocolate Chip Cookie Mix

Artisan Bread Mix

Pancake & Waffle Mix

Pizza Dough Mix

Vanilla Cake & Cupcake Mix

Our other mixes, cookies, and bars use varying ratios of blanched and un-blanched almond flour.

✓ **What's in your extracts?**

Both of our extracts are **non-GMO, soy-free** and contain **no corn carriers or derivatives**.

Our rosemary extract is unrefined and does not contain any alcohol. Instead, it's blended with sunflower oil and water.

Our vanilla extract is derived from non-GMO, cane-based alcohol.

✓ **Are your almonds sprayed with PPO?**

Short answer: Nope! It's important to pasteurize our almonds to make them safe to eat, but instead of a chemical process using propylene oxide (better known as PPO), we treat our almonds with steam, relying on our good friend H₂O to keep things clean.

What can I use as a vinegar replacement?

You can use lemon juice in place of vinegar, using double the amount of vinegar required.

If you need a non-acidic alternative, you can use 3/4 tsp of cream of tartar and 2 Tbsp of water. Combine the cream of tartar with the dry mix and blend well. In a separate bowl, combine the eggs, water and oil (remember to add the water instructed on the box, plus the 2 additional Tbsp to replace the liquid of the vinegar). Combine the dry and wet ingredients and continue as instructed on the box.

Do you have high-altitude instructions?

When baking our cake or muffin mixes at high altitude, we recommend the following:

Increase water 2-3 TBSP

Increase baking temperature by 15F

Check for doneness around 5-8 minutes earlier than recommended

✓ How can I contact Simple Mills?

If you'd like to get in touch, you have options! You can:

1. Fill out the form on our [Contact Us](#) page,
2. Email us at info@simplemills.com
3. Call us at 312-410-8414