

Hi, I'm Molly. I'm happiest when I am surrounded by the people I love, coffee in hand, baking with fresh milled flour. I am the proud momma of three boys and am married to an amazingly handsome, loving, dedicated firefighter. For the past 20 years, I have worked full time as a physician assistant in surgical subspecialties. For as long as I can remember, I have struggled with gut issues. Instead of letting these gut issues rule my life, I vowed to figure out the cause and fix it. So began my years long journey of healing. In 2022, our oldest son was diagnosed with Type 1 diabetes. My life up to that point was spent worrying about what I put into my body. Now, I had a greater purpose. From the time of his diagnosis, we wanted our son to be able to eat all the things he ate before his diagnosis. Soon, though, we found out this wasn't how his "new" body worked. Products with regular, all purpose flour caused huge spikes in his blood sugars no matter how precisely we dosed his insulin. He would watch his brothers eat yummy, decadent desserts but avoid them himself to prevent a spike in his blood sugar and the malaise he would feel for hours after. I wondered if possibly regular AP flour could be worsening my problems as well. The research began and soon I bought my first flour mill. After trying some desserts made with the fresh milled flour, we had no spikes in his blood sugars and the bonus was I was able to tolerate them as well! We had our proof. We were hooked. Now, fresh milled flour is all we use. This journey has been life changing for our family.

