



# ROGERS FOODS NEWSLETTER

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## Recipe of the Month

**Applesauce Cinnamon Raisin Bread Recipe, Bread Machine**

[CLICK HERE](#)

**Cinnamon Sticky Buns Recipe, Bread Machine**

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**Springtime Fruit Scones Recipe**

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**Wellness Corner**

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## Pull Out Your Bread Machine!

Bread machines have come a long way and we've put together some of our favourite recipes for you to enjoy!

Keep an eye out for some fun contests that we will be launching starting April. We have a BREAD MACHINE AND BAKING ESSENTIALS Contest with a beautiful bread machine, accessories, and Rogers Cookbook for our lucky winner.

Go online to our social media pages for more information - click below:

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# Applesauce Cinnamon Raisin Bread Recipe, Bread Machine

Apple sauce will give your bread the flavour and sweetness you'll love.

1/2 cup water or apple juice	125 mL
1/2 cup applesauce	125 mL
1 tsp. salt	5 mL
3 tbsp. margarine	45 mL
2 tbsp. brown sugar	60 mL
1 1/2 tbsp. skim milk powder	45 mL
3 cups ROGERS White Bread Flour	750 mL
2 tsp. cinnamon	10 mL
1 1/2 tsp. instant yeast	7 mL
3/4 cup raisins	180 mL

## Directions:

Program bread machine for basic and light crust.

**Yield:** 1 - 1/2 lb loaf



# Cinnamon Sticky Buns Recipe, Bread Machine

## Cinnamon Sticky Buns, Bread Machine

Bake time 3 ½ hours

Yield, 20 small pull [apart buns](#)

### Ingredients

3/4 cup water	180 mL
1/4 cup sugar	60 mL
1 tsp. salt	5 mL
3 tbsp. margarine	45 mL
1 egg, beaten	1
2 1/2 cups <a href="#">ROGERS No Additive</a> or All Purpose Flour	625 mL
1 1/2 tsp. instant yeast	7 mL

### Topping

1/2 cup margarine, melted	125 mL
1/3 cup brown sugar	80 mL
1 1/2 tsp. cinnamon	5 mL
1/4 cup pecans, finely chopped, optional	60 mL

1. Program bread machine for dough cycle. Add first 7 ingredients to bread machine and start.
2. Meanwhile prepare topping. Melt margarine: add sugar and cinnamon. Set aside to cool.
3. When dough-cycle is complete (~~approx~~ 2 hours) punch down dough on lightly floured surface. Divide dough into 20 small balls and place in a 9" by 9" greased pan.
4. Pour the topping mixture over the balls and sprinkle with nuts if using.
5. Let rise 60 to 75 minutes. Note: the balls will continue to rise when baking in the oven so don't worry if it doesn't look like they have raised enough.
6. Bake in 350 F (175 C) oven for 25 to 30 minutes. Invert on plate while hot and let stand a few minutes before serving warm.



## Springtime Fruit Scones Recipe

Recipe here: <https://rogersfoods.com/recipe/springtime-fruit-scones/>



## Hot Cross Cookies Recipe

Recipe here: <https://rogersfoods.com/recipe/hot-cross-cookies/>

## Traditional Hot Cross Buns/or Easter Bread Recipe

Recipe here: <https://rogersfoods.com/recipe/hot-cross-buns-easter-bread/>



## INCLUDING OATS IN YOUR DIET - TRY OAT BREAD

by Tammy-Lynn McNabb, Registered Holistic Nutritionist, Rogers Foods (from [healthline.com](https://www.healthline.com/nutrition/healthiest-bread) - <https://www.healthline.com/nutrition/healthiest-bread>)

Oat bread is typically made from a combination of oats, whole-wheat flour, yeast, water, and salt.

Since oats are highly nutritious and linked to [a number of health benefits](#), oat bread can be a healthy choice.

In particular, oats are high in fibre and beneficial nutrients, including magnesium, vitamin B1 (thiamine), iron, and zinc. The fibre in oats, known as beta-glucan, may help lower cholesterol levels, regulate blood sugar, and decrease high blood pressure

A review of 28 studies found that eating 3 grams or more of oat beta-glucan per day significantly decreased LDL (bad) and total cholesterol levels compared to not eating oats.

The study also found that the cholesterol-lowering effects of beta-glucan in oats were greater in people with higher baseline cholesterol levels.

However, just because bread has “oats” or “oatmeal” on its label doesn’t mean that it’s healthy. Some oat breads only have a small amount of oats and are mostly made of refined flours, [added sugars](#), and oils.

To find a more nutritious oat bread, look for one that lists oats and whole-wheat flour as the first two ingredients. We love our quick and easy:

### **OAT AND HONEY WHOLE WHEAT QUICK BREAD RECIPE!**



**Summary** Oat bread made from oats and whole-grain flour boasts the fibre beta-glucan, which may help lower cholesterol and has been linked to a number of health benefits.

## Flour - The Fundamental Ingredient

Wheat, the most widely produced grain, provides more nourishment for the earth's population than any other food. Today, more than 70% of the world's croplands are devoted to grain production and during every month of the year, wheat is being harvested in some part of the world.

### Nutrient Content and Enrichments

Wheat is a good source of complex carbohydrate and is low in fat. It is a valuable source of vegetable protein, called gluten. Gluten is necessary to make good yeast bread.

Whole grain Flours are an excellent source of fibre and a valuable source of iron and B-Vitamins. A wheat kernel can be broken down into 3 portions. Bran makes up 14% of the kernel and is an excellent source of dietary fibre. The endosperm is the center of the kernel, mostly starch and protein. Germ is 3% of the kernel and is known as the embryo of the kernel, rich in nutrients.

An **Enrichment Law** was passed in Canada in 1953.. The removal of the germ when making white flour also removes the vitamins. The Enrichment program states, " the naturally occurring vitamins must be added to white flour in equal amounts found in whole wheat flour". All white flour in Canada will state Enriched. Enrichments are not considered additives as they replace naturally occurring vitamins. These nutrients will be listed on the package:: Niacin, Iron, Thiamine Mononitrate, Riboflavin and Folic Acid.

### Is Rogers Flour Genetically Modified

Rogers Foods produces many different flours both for commercial and retail sales. Our flours are milled from commercially grown, top-grade hard red spring wheat. The retail flours are milled from 100% Canadian wheat sourced from western Canada. Rogers has been reassured by the Canadian Government authorities that there is no genetically modified (GMO) wheat commercially grown in Canada

Most home baking uses All Purpose flour and as the name implies it can be used for all your baking needs from pastry to bread. Rogers offers **3 types of All Purpose**, regular bleached flour and a **No Additive Unbleached All Purpose** flour. The two styles of flour are interchangeable in your recipes.

Whole wheat flour is also considered an all purpose flour. By definition of the Canadian Food Inspection Agency, whole wheat flour must contain 95% of the kernel. Rogers whole wheat flour is unique in that we do not remove any germ or bran and therefore our flour is **100% Whole Grain Whole Wheat** flour. This flour is also a no additive flour.

### Food Safety Statement

Rogers Foods, in cooperation with the Canadian National Millers Association and other Canadian Flour millers, have added a Food Safety statement to our flour bags to caution the public about eating raw wheat products such as flour, wheat bran and wheat germ. Wheat is an agricultural product, which is grown, harvested and stored virtually unprocessed before it comes to our mills. The milling process does not reach a temperature that will remove the risk of contamination that is associated with unprocessed wheat. Flour and flour products are **not ready to eat** and require baking in some form before consumption.

### Shelf Life and Storage

Generally, white flour can be stored for 1 year and whole wheat flour can be stored for 6 months. You can maximize the freshness and extend the shelf life by storing your flour cold. Putting flour in the freezer is best and will extend the shelf life by months. Flour has very little moisture and will not turn into a solid block. It is important to bring your flour to room temperature before using it.

The best before date can be found on the top of the bag in retail packaging. If buying wholesale bags, 20 kg brown bags, the date will be represented as an MFD, this is known as the manufacturing date and will be stamped on the side of the bag.

If in doubt if your flour is still okay, you can perform a hot water test. At room temperature it is sometimes difficult to tell if flour is starting to spoil. It is not till you apply heat in baking that the off-taste will come out. The hot water test can help you determine the freshness. Whisk 1 cup of boiling water into 1/4 cup of flour. Sniff the steam. If your flour is too old it will have an off, or rancid odour and that is what will come through in your baking.

### Frequently Asked Questions

These flour facts cover most of the questions commonly asked. You can find more answers on our Website, at [rogersfoods.com](http://rogersfoods.com) or contact us directly with your questions. E-mail [info@rogersfoods.com](mailto:info@rogersfoods.com) or Call 1-800-356-8735 ext 327.

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# Rogers Foods celebrates 50 years

From dessert to the main course, Rogers Foods makes dishes taste great

Rogers Foods is celebrating its 50th anniversary when the company introduces its own flour on

ed there are products from Ontario as well as from other countries. Rogers Foods is celebrating its 50th anniversary with a special anniversary recipe list with whole-grain products. ed by Rogers' food laboratory and laboratory staff in mind the products in our diets but food preparation

selection can be ordered for any order for Rogers Foods Ltd., RR3, Box 100, VOE 1B0. Rogers Foods 50th anniversary

## LEMON POPPY SEED MUFFINS

YIELD 12

- 1 cup milk
- 1 tbsp lemon juice
- 2 tsp grated lemon rind
- ¼ cup poppy seeds (obtainable at bulk foods)
- ½ cup margarine
- ¾ cup granulated sugar
- 2 eggs
- 1 cup 100 per cent whole-wheat flour
- 1 cup no-additive all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt

Preheat oven to 350 degrees F. Combine milk, lemon juice, lemon rinds and poppy seeds; set aside. Cream margarine with sugar, add eggs and beat well; stir in milk mixture.

Combine dry ingredients; stir well. Add liquids; stir until ingredients are just blended. Spoon into prepared muffin tins. Bake 25 to 30 minutes.

## CHEWY GRANOLA BARS

MAKES 24

- 1 cup Rogers Grain Granola with raisins
- 1 cup coconut
- 1 cup quick oats
- ½ cup no additive/all-purpose flour
- ¾ tsp baking powder
- ¼ tsp salt



Sawicki

News  
columnist