



ROGERS FOODS NEWSLETTER

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Recipes of the Month

Pineapple Cheese Squares Recipe

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Strawberry Cheesecake Muffins Recipe

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FEATURED PRODUCT



Rogers Foods offers two styles of all purpose flour. Our regular All Purpose bag has a green circle around the logo. This flour is bleached and contains ascorbic acid, which is a common baking enhancer. Our other All Purpose flour has a red circle around the logo and is a No Additive Flour, meaning no bleaching agent or ascorbic acid. Both of these flours contain enrichments which are the natural minerals and vitamins that we are required by law to add back to the flour when the wheat germ is removed. You will notice in Roger recipes we always list a choice of either of these flours, they both work well in you baking. Rogers Foods uses 100% Canadian wheat in our retail flours.

Pineapple Cheese Squares

... a special treat



Whole Wheat Base

- 1 cup ROGERS Whole Grain Whole Wheat Flour, 250 mL
 - 1/3 cup brown sugar, 80 mL
 - 1/2 cup margarine, 125 mL
 - 1/3 cup walnuts finely chopped, 80 mL
- (you can substitute walnuts with 1/3 cups ROGERS Porridge Oats & Healthy Grains)

Filling

- 1 cup well drained crushed pineapple, 398 mL tin
- 1 pkg. cream cheese, 8 oz
- 1/4 cup sugar, 60 mL
- 1 egg lightly beaten, 1
- 2 tbsp. milk, 30 mL
- 1 tbsp. lemon juice, 15 mL*
- 1 tbsp. grated lemon peel, 15 mL*
- 1/2 tsp. vanilla, 2 mL

(Lemon juice and peel from 1/2 of a fresh lemon)

Preheat oven 350 F (175 C)

Prepare 8" by 8" pan.

- Prepare Base. Combine flour and sugar, (if using oats in the base add at this point). Cut in margarine to produce a coarse crumb. Mix in walnuts if using.
 - Set aside 1/3 cup of crumb mixture. Press the rest into a well greased pan. Bake for 15 minutes.
 - Spread drained pineapple over baked layer.
 - Blend cream cheese and sugar.
 - Add egg, milk, lemon juice, lemon peel, and vanilla. Beat well.
 - Pour cream cheese mixture over the pineapple layer.
 - Sprinkle with reserved crumbs.
 - Bake for 30-35 minutes.
 - Cool before serving. Store in refrigerator.
- Yield: 16 – 20 squares

Strawberry Cheesecake Muffins

... a gourmet muffin that is so easy to make

1/3 cup cream cheese, 80 mL
 2 tbsps. icing sugar, 30 mL
 2 cups **ROGERS No Additive**
or All Purpose Flour, 500mL
 2 tsp. baking powder, 10 mL
 1/2 tsp. salt, 2mL
 1/2 cup margarine, 125 mL
 2/3 cup brown sugar, 160 mL
 1 egg, 1
 2/3 cup milk, 160 mL
 1/3 cup strawberry jam, 60 mL



Preheat oven, 375 F (190 C) Prepare a 12 muffin tin

- Blend cream cheese and icing sugar, set aside.
- Combine flour, baking powder and salt, set aside.
- Cream margarine and sugar, then add egg.
- Add flour mixture to creamed mix, alternating with milk. Stir until just blended. This will produce a thick cookie like batter. Divide in half.
- Fill muffin tins half full with first half of batter. Add 1 tsp. (5 mL) of cream cheese mix, and 1 tsp. (5 mL) of jam to each muffin. Top with remaining batter.
- Bake at 375 F (190 C) for 18 – 22 minutes, or until firm to touch and slightly golden.
- Remove from muffin tin to cool.

Yield: 12 muffins

Fresh Blueberry Cake

... a sprinkle of sugar and nutmeg means no icing required

1/2 cup margarine, 125 mL
 1 cup sugar, 250 mL
 2 eggs, 2
 1/2 cup milk, 125 mL
 2 cups ROGERS NO ADDITIVE OR ALL PURPOSE FLOUR, 500 mL
 2 tsp. baking powder, 10 mL
 1 1/2 cups fresh blueberries, 375 mL
 1 tbsp. flour

Topping

2 tbsp. sugar, 30 mL
 1/2 tsp. Nutmeg, 2 mL mL

Preheat oven to 350 C (175 F). Lightly grease 9" by 13" pan.

Cream margarine until light, gradually add sugar, beating until fluffy.

Beat in eggs, followed by milk.

Combine flour and baking powder, blend into creamed mixture, beating until combined.

Toss fresh blueberries with 1 tbsp. flour and mix gently into the batter.

Spoon batter into prepared pan and sprinkle with topping.

Bake 25 -30 minutes or until cake tester inserted in centre comes out clean.

Yield: 24 to 30 servings



Strawberry Delight

... a light summertime dessert

Base

3 cups ROGERS Hazelnut & Honey 5 Grain Granola, 750 mL
1/4 cup sugar, 60 mL
1/2 cup margarine, 125 mL



Topping

250 grams cream cheese, 8 oz package
1/2 cup sugar, 125 mL
2 tsp. lemon juice, 10 mL
1/4 cup pasteurized egg whites, 60mL
1 cup whipping cream, 250 mL
3 cups fresh strawberries, sliced, 1 1/2 lbs

Preheat oven to 350 F (175C). Prepare a 9" by 9" pan.

Base

Grind granola in a blender to produce 3 cups of fine crumbs. Set aside 1/2 cup.

Stir sugar and melted margarine into remaining crumbs.

Press into pan and bake for 10 minutes. Allow to cool completely.

Topping

Cream until soft and smooth, cream cheese, sugar and lemon juice. Set Aside.

In a separate bowl, beat egg whites on high till stiff.

Add whipping cream and continue beating for another 5 minutes until mix is thick and soft peaks form.

Beat in cream cheese mixture for another 5 minutes till mixture is thick and creamy.

Fold in strawberries.

Spread mixture over base and top with reserved granola crumbs.

Chill overnight or a minimum of 4 hours. Will keep well in a refrigerator for several days.

Yield: 16 servings

WELLNESS CORNER

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

Super Healthy Foods For Women

Omeegas

Flaxseed and fatty fish contain omega-3 fatty acids such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which enhances the health of the cell membrane and protects women from various health threats such as joint pain, depression, hypertension, stroke, and rheumatoid arthritis.



Food rich in Omega-3 fatty acids such as flaxseed oil, mackerel and salmon are also a good source of antioxidants that fight inflammation and reduce the risks of heart diseases.

Omega-3 plays a crucial role in brain health. About [3.2 million women currently live with Alzheimer's](#) disease in the US. If you consume 2 to 3 servings a week of fatty fish, you reduce your risk of future brain diseases. I am in a habit of always adding a tablespoon or two of flaxseed oil into my morning shake. I also make all my salad dressings with a dash of flaxseed oil substituted in place of another oil. Be sure to use a high-temperature flaxseed oil when cooking. I look for ready-made cereals and granolas to top on some yogurt for my morning breakfast. Omega-3 also has anti-aging properties, can protect your skin from sun damage and maintain your skin's texture and beauty.

Berries

It's berry season, and fresh local berries have never tasted so amazing! Strawberries, cranberries, raspberries, and blueberries have a high level of antioxidants. The antioxidants in berries protect your skin against ageing and can help you look younger (which is why I consume berries every day!). It can also reduce the risk of heart attack by more than 30%.



Berries are loaded with anthocyanins and anti-cancer compounds that are active against gastrointestinal and breast cancers. Berries are also rich in nutrients such as vitamin-C for an immune boost, folic acid for brain development and lutein, which protects your vision. About 3 to 4 servings per week of cranberries can reduce the risk of urinary tract infection in women (I find that cranberry supplements are more palatable for me).

Non-nutritious foods can make you weak and leave your body open to infections and diseases. Your body needs essential minerals, vitamins, and energy to function optimally, and the foods discussed above are a great starting point.



Did you know that ROGERS PORRIDGE OATS GRAIN BLEND of cereals are an all-natural combination of 8 different grains forming a wholesome blend with a high fibre count along with omegas?

They are an all-natural combination of 8 different grains (Oat, rye, barley, spelt and khorasan flakes, oat bran, millet, flaxseed, quinoa flakes), forming a wholesome and very healthy blend. With a single serving containing 20% fibre, the combination of whole grains generates a fit alternative that includes iron, manganese, magnesium, and phosphorous benefits. The arrangement of the ancient grains delivers all the essential elements required for maintaining a healthy lifestyle.