



# ROGERS FOODS NEWSLETTER

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## Recipes of the Month

### Apple Snacking Cake Recipe

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### Banana Oat Bran Muffin Recipe

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### Spiced Apple Muffin Recipe

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## FEATURED PRODUCT

OAT BRAN is the edible outer layer of the oat kernel, popular for its health benefits. It offers two types of dietary fibre - insoluble and soluble. Insoluble fibre is beneficial for our digestive system, and soluble fibre is beneficial in reducing cholesterol in our blood. Oat bran is different than wheat bran which only consists of insoluble fibre.



ROGERS Oat Bran is made from 100% Canadian Oats. It is one of our All Natural, No Additive, High Fibre cereals.

Oat bran can be used in our diet in many interesting ways. It can be cooked as a hot breakfast cereal on the stovetop or microwave. The creamy part of this cereal is the soluble fibre. If you are not a fan of hot cereals, introduce your oat bran into smoothies or use it as a nutritional baking ingredient in bread, muffins, cakes and cookies. This month's recipe feature is oat bran paired with September harvest apples.

It is essential to know that oat bran and wheat bran are not interchangeable in recipes. You can find recipes that include oat bran on our webpage at [rogersfoods.com](http://rogersfoods.com). Whether you include ROGERS Oat Bran in your diet for its flavour and texture or health benefits, we hope you enjoy cooking with Oat Bran.

# Apple Snacking Cake

... *delicious and nutritious snack*



1	cup	<b>ROGERS Porridges Oats &amp; Healthy Grains, 250 mL</b>
1	cup	boiling water, 250 mL
1/2	cup	margarine, 125 mL
1/2	cup	sugar, 125 mL
3/4	cup	brown sugar, 180 mL
2		eggs, 2
1	cup	apple, grated
3/4	cup	<b>ROGERS No Additive or All Purpose Flour, 180 mL</b>
3/4	cup	<b>ROGERS 100% Whole Grain Whole Wheat Flour, 180 mL</b>
1	tsp.	baking soda, 5 mL
1 1/2	tsp.	cinnamon, 7 mL
1/4	tsp.	cloves, 1 mL
1/2	tsp.	salt, 2 mL

Preheat oven to 350 F (180 C). Prepare 9" x 9" cake pan.

Combine Porridge Oats and boiling water: allow to cool.

Cream together butter, sugars and eggs. Stir in apple.

Combine these first 2 mixes.

Combine all dry ingredients and stir into the wet mixture.

Pour into cake pan and bake 45 to 50 minutes.

# Banana Oat Bran Muffins

... this muffin is cholesterol free.



1 1/3	cups	<b>ROGERS NO ADDITIVE or ALL PURPOSE Flour, 330 ml</b>
1	cup	<b>ROGERS OAT BRAN, 250 mL</b>
1/3	cup	brown sugar, 80 mL
2	tsp.	baking powder, 10 mL
1	tsp.	baking soda, 5 mL
1/2	cup	raisins, 125 mL
2		egg whites, lightly beaten 2*
1/3	cup	vegetable oil, 80 mL
1	cup	bananas, mashed (3 medium size)
1/2	cup	skim milk, 125 mL
1	tsp.	vanilla, 5 mL

- You may substitute fresh egg whites, with 1/2 cup of Pasteurized liquid egg whites

Preheat oven to 375°F (190°C)

Combine Flour, Oat Bran, sugar, baking powder, baking soda and raisins in a large bowl and set aside.

In another bowl, combine lightly beaten egg whites, oil, mashed bananas, skim milk and vanilla.

Stir banana mixture into dry ingredients until dry ingredients are just moistened.

Spoon into prepared muffin tins. Bake for 15 – 20 minutes. Until tested done.

Yield: 12 muffins.

# Spiced Apple Muffins

*... spices and apples, a favourite combination*



1 1/4 cups  
1 1/4 cups  
1 cup  
1/3 cup

**ROGERS OAT BRAN, 310 mL**  
buttermilk\*, 310 mL  
apple grated, & firmly packed  
oil, 80 mL

1		egg, 1
2/3	cup	brown sugar, 160 mL
1 1/4	cup	<b>ROGERS NO ADDITIVE or ALL PURPOSE Flour</b> 310 mL
1	tsp.	baking soda, 5 mL
1	tsp.	baking powder 5 mL
1/2	tsp.	salt, 2 mL
1	tsp.	cinnamon, 5 mL
1/2	tsp.	cloves, 2 mL

- You may substitute buttermilk with sour milk. 1 ½ tbsp. lemon or vinegar topped up with milk to 1 1/3 cups.

Preheat oven to 375°F (190°C)

Mix together oat bran, buttermilk and apple, let stand about 10 minutes.

Cream together egg, oil and sugar. Add to buttermilk – bran mix.

In separate bowl combine all the dry ingredients.

Add dry ingredients to the bran mixture and stir until just blended.

Spoon into prepared muffin tins. Bake for 15 – 20 minutes. Until tested done.

Fill muffin tins to the top, these are large muffins.

Yield: 12 muffins.

**WELLNESS CORNER**

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

# Sunburn And Oats? Yes, it works!

## Oatmeal Is Not Just For Breakfast



It's been a long hot summer, and some of us enjoy the weather and being in the sun. You may have overexposed your skin and done some underlying damage. If you've overindulged in Vitamin D, relief is only as far as your pantry away.

For sunburn relief, consider using your breakfast cereal on your skin! A component of oatmeal called colloidal oatmeal can help to heal your skin from

sun damage and irritation. Oatmeal provides a protective barrier for your skin against harsh environmental conditions (sunburns and pollution). It is moisturizing, protective and has anti-inflammatory properties that have been shown to promote skin repair after environmental attacks. Soak and soothe with this easy oatmeal and healing oatmeal bath:

**How to make yourself an oatmeal bath:** In a food processor, blend 1 cup of ROGERS LARGE FLAKE OATS on the highest setting until you have a fine powder. Sprinkle the oatmeal powder into a tub of running water and stir with your hand to ensure the powder blends into your bathwater. Break up any clumps with your fingers. The bathwater should be milky white and cloudy looking. If you love scents, add a few drops to create a spa atmosphere. Soak in the tub for around 15-20 minutes and pat dry with a soft towel. Don't rub off all of the water. Take your favourite moisturizer and rub it into your damp skin. Taking an oatmeal bath is also great during the dry winter season when your skin takes a hit from the drying effects of your heated home.

Enjoy!