



ROGERS FOODS NEWSLETTER

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Recipes of the Month

Pumpkin Biscuit Recipe

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Easy Bake Porridge Oats Recipe

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Ancient Grain Granola Recipe

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AUTUMN IS IN THE AIR

Not that we don't love summer, because we really do, but when the leaves begin to change and the days become shorter, we can't help but think about getting back in the kitchen to bake!

Nothing is better than coming in from the cold to the smell of something baking in the oven; this time of year, everything is coming up pumpkins.



From pumpkin spiced muffins to pumpkin pies and everything in between, pumpkin recipes are plentiful here at Rogers Foods.

On this list is one of our favourites, Sweet Pumpkin Buns with cinnamon. We hope you enjoy this month's newsletter full of recipes that will keep your tummy full and house smelling amazing.

PUMPKIN BISCUITS - BREAD MACHINE RECIPE

... these rolls have a warm spicey, pumpkin flavour



- 3/4 cup water, 175 mL
- 1/2 cup mashed pumpkin, 125 mL*
- 2 tbsp. margarine, 30 mL
- 3 tbsp. sugar, 45 mL

- 1 tsp. salt, 5 mL
- 3 tbsp. skim milk powder, 45 mL
- 3 cups ROGERS White Bread Flour or All Purpose, 750 mL
- 1 tsp. cinnamon, 5 mL
- 1/4 tsp. cloves, 2 mL
- 2 tsp. Instant Yeast 10 mL

Optional, add 1/2 cup dried cranberries

* recipe was developed with canned pumpkin. If you want to cook your own pumpkin, prepare by baking in the oven or microwave.

Instructions

Program bread machine for dough cycle. Add ingredients in the order as listed.

When cycle is complete, remove dough and roll out to 1/2 inch thickness and cut out biscuits. Place biscuits onto a greased cookie sheet.

Let rise until double in size.

Bake at 375 F or 190 C for about 15 minutes or until golden.

Yield 20 X 2 inch biscuits.

EASY BAKE PORRIDGE OATS

...no more standing over the stove, let it bake while you get ready for the day

- 1 1/2 cups ROGERS Porridge Oats & Healthy Grains*, 375 mL
- 1/2 tsp. baking powder, 2 mL
- 1 1/2 tsps. cinnamon, 7 mL
- 1/2 cup berries or dried fruit, 125 mL optional
- 3/4 cup milk, 180 mL
- 1/4 cup applesauce. 60 mL
- 1 tsp. vanilla, 5 mL
- 2 tbsp. oil, 30 mL
- 2 tbsp. brown sugar, 30 mL
- 1 egg



ROGERS Porridge Oats are available in 3 flavours, Healthy Grains, Ancient Grains or Steel Cut Blend, any of which can be used in this recipe.

- Mix the first 3 dry ingredients and stir in fruit, if using. Add the milk and set aside.
- Mix well in another bowl the remaining ingredients
- Combine the two mixtures and pour into a greased 9 by 5 loaf pan or 8 in square baking dish.
- Bake at 350 for 20 to 25 min. until you see the first sign of colour around the edges.
- Remove from oven and let oats set for a few minutes before serving.
- Can be eaten Hot or Cold topped with milk or yogurt
- Store in refrigerator, for 2 or 3 days

Makes 6 servings

ANCIENT GRAIN GRANOLA

... a light, low fat healthy granola

1	tbsp.	oil, 30 mL
6	tbsp.	honey, 80 mL
1/4	cup	apple juice, 60 mL
1 1/2	tsp.	cinnamon, 9 mL
1 1/2	tsp.	ginger, 9 mL
1 1/2	tsp.	vanilla, 9 mL
1/2	cup	seeds, (sunflower & pumpkin), 125 mL
1/4	cup	sliced almonds, 60 mL
1	package	ROGERS Porridge Oats & Ancient Grains, 750 g
1/2	cup	dried fruit (raisins & cranberries), 125 mL



Prepare oven to 300 C

- Line cookie 2 cookie sheets with Parchment Paper
- In a large bowl whisk oil , apple juice and spices.
- Combine the Porridge Oats & Ancient grains with the seed and nuts. Set aside the dried fruit till after baking. This will eliminate the problem of drying out the fruit.
- Combine dry ingredients with the wet, tossing to coat the grains.
- Dump the mixture into the rimmed baking sheets and spread it out to the edges. It will come up to the edges of the pan. Spreading thin will make the mixture crunchy. If you want a chewy granola, spread and pile on one cookie sheet only.
- Place in the oven and bake for 55 to 65 minutes, stirring every 20 minutes. The mixture will be toasty and golden.
- Remove from the oven and let it sit without stirring for 10 minutes (this will help it form larger clumps) then give it a stir and let it sit until completely cool.

Store in an airtight container for up to 2 weeks.

HARVEST CARROT MUFFINS



... These hearty muffins are virtually a meal in a muffin! They are incredibly moist without the use of butter. Nutritious ingredients like Rogers Oat Bran, carrots & apples make it an excellent choice for a morning snack or midday pick me up.

Head over to our website for full details of how to make this recipe!

[Full Recipe Here](#)

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

Is Breakfast Really Important?

It will set the tone for your day, so make it a priority!



BREAKFAST..... means “to break the fast.” It is the first meal of the day after a stretch of not eating overnight.

I don’t know about you, but I am not a morning breakfast person. For me, eating breakfast feels more like a chore or a burden. I do love breakfast. A warm bowl of oatmeal or granola, but I’m more inclined to eat it at noon instead of 7 am.

Breakfast is essential to help our bodies and minds function correctly. You certainly can get the proper nutrients needed at any other given meal, but feeding your body and mind first thing will provide you with the energy you need to help sustain you.

Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy to get things done and enables you to focus at work or school.

According to one 2018 study, people who frequently eat breakfast often pay more attention to their overall nutrient intake, regularly participate in physical activity, and adequately manage stress. Conversely, those who skip breakfast tend to have healthier lifestyle habits such as frequent smoking and drinking. They also tend to have

diets higher in fat, cholesterol, and calories than habitual breakfast eaters.



For me, the person who isn't fond of having breakfast, I shove everything into a blender and drink my breakfast daily. It's fast, easy and lets me get it done. I often add oats and grains to my smoothie to give me an added boost in grains and fibre.

Here is one of my favourites from Rogers Foods website:

1/4 cup Rogers Oat Bran 60 mL

1 banana, frozen 1

1 cup of milk or milk alternative 250 mL

1/2 tsp vanilla 2 mL

1/4 cup water 60 mL

Blend in high speed blender until smooth.