



ROGERS FOODS NEWSLETTER

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Recipes of the Month

Pumpkin Whoopie Pies Recipe

[CLICK HERE](#)

Pumpkin Cake Cookie Recipe

[CLICK HERE](#)

Pumpkin Cake with Chocolate Drizzle Recipe

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NOVEMBER WEEKLY CONTESTS

We are running weekly contests all November with some fun prizes from baking kits to blenders, mixers and more. Be sure to make your favourite pumpkin recipe using any Rogers Foods product and tag us with #MadeWithRogers for your chance to win!



**FALL
PUMPKIN
BAKING
CONTEST**

WEEKLY WINNERS!

Show us your favourite fall baking using Rogers Foods' products and pumpkin!

**BE SURE TO USE
#MADEWITHROGERS**

Weekly winners announced all November!

Pumpkin Cake Recipe



INGREDIENTS

- Cooking spray
- 2 c. Rogers All Purpose Flour 500g
- 2 tsp. ground cinnamon 10mL
- 1 tsp. kosher salt 5mL
- 1 tsp. baking powder 5mL
- 1/2 tsp. baking soda 2.5mL
- 1/4 tsp. ground nutmeg 1.25mL
- 1/4 tsp. ground ginger 1.25mL
- 1/2 c. (1 stick) butter, softened 125g
- 1 c. packed brown sugar 250g

- 1/2 c. granulated sugar
- 4 large eggs
- 1 tsp. pure vanilla extract
- 1 (15-oz.) can pumpkin puree
- Topping - drizzle chocolate, nuts or icing sugar

Step 1

Preheat oven to 350°. Spray bundt cake pan with cooking spray and dust with flour OR Line a 9"-x-13" baking pan with parchment and grease with cooking spray.

In a bowl, whisk together flour, cinnamon, salt, baking powder, baking soda, nutmeg, and ginger.

Step 2

In a separate bowl beat butter and sugars together until light and fluffy. Add eggs, one at a time, beating well after each addition.

Add vanilla and pumpkin puree and mix until well blended. Add dry ingredients and mix until just combined.

Step 3

Pour batter into prepared baking pan and smooth top. Bake until a toothpick inserted in middle comes out clean, 30 minutes (usually longer if using a bundt pan).

Let cool completely.

Step 4

Once cool, top with favourite topping.

Pumpkin Cake Cookies

- ½ cup (115 g) unsalted butter, at room temperature
- 1 cup (200 g) granulated sugar
- ½ cup (100 g) packed light brown sugar
- 1 large egg
- 1 cup (225 g) pure pumpkin purée
- 2 ½ cups (625 g) **Rogers Foods All Purpose flour**
- 1 tsp (5 mL) baking powder
- ½ tsp (2.5 mL) baking soda
- ½ tsp (2.5 mL) salt
- 1 tsp (5 mL) ground ginger
- ½ tsp (2.5 mL) ground cinnamon
- ¼ tsp (1.25 mL) ground nutmeg

FROSTING

- ½ cup (115 g) unsalted butter, at room temperature
- ½ pkg (125 g) cream cheese, at room temperature
- 2-3 cups (260-390 g) icing sugar, sifted
- 1 tsp (5 mL) vanilla extract
- ground cinnamon, for sprinkling tops of cookies



INSTRUCTIONS

1. Preheat to the oven to 350 °F (180 °C) and line 2 baking trays with parchment paper.
2. Beat the butter and both sugars together with electric mixer until smooth and then add in the egg. Add the pumpkin purée and stir.
3. In a separate bowl, sift the flour, baking powder, baking soda, salt, and spices. Add to the pumpkin batter, stirring until evenly mixed. Use an ice cream scoop and scoop cookies onto the baking trays, leaving 2-inches between. Bake cookies for 17-20 minutes, or until they lift easily from the paper. Allow the cookies to cool on the tray before frosting.
4. For the frosting, beat the butter and cream cheese together until smooth and then add 1 cup (130 g) of the icing sugar, beating well. Add the vanilla and an additional cup of icing sugar, beating until fluffy and adding additional icing sugar until the frosting is a spreadable consistency.
5. Spread frosting onto each cookie and sprinkle a bit of cinnamon on top of each. Enjoy

PUMPKIN SPICE WHOOPIE PIES



Ingredients

- 3 1/2 cups Rogers Foods All Purpose flour 823g
- 1 1/2 teaspoons baking soda 7.5mL
- 1 1/2 teaspoons baking powder 7.5mL
- 1 teaspoon salt 5mL
- 2 teaspoons pumpkin spice 10mL
- 1 cup vegetable shortening (Crisco) 225g
- 2 cups packed brown sugar 400g
- 2 eggs
- 1 teaspoon vanilla extract 5mL
- 3/4 cup canned pumpkin 169g

Cream Cheese Frosting Filling

- 8 oz package cream cheese
- 1/4 cup unsalted butter 113g
- 1 tsp vanilla extract 5mL

- pinch salt
- 4 cups powdered sugar 500g

Instructions

- Preheat oven to 400 degrees F. In a medium bowl, whisk together the flour, baking soda, baking powder, salt, cinnamon, ginger, nutmeg, and cloves. Set aside.
- In a large bowl, cream together the shortening and brown sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Beat in the vanilla.
- Mix in the dry ingredients, alternating with the pumpkin puree.
- Drop rounded tablespoons about 2 inches apart on a greased baking sheet. Flatten slightly with the back of a spoon. Bake 10-11 minutes. Transfer to a wire rack to cool.
- Spread frosting onto the bottom of half of the cooled cookies, then top with remaining cookies.
- Store whoopie pies in the refrigerator.

WELLNESS CORNER

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

Why Do We Need Fibre?

Types of dietary fibre



Fibre is an essential part of a healthy diet and plays a crucial role in better gut health, protection against heart disease, reduces blood pressure, reduces diabetes risk, normalizes bowel movements, and helps maintain weight.

Fibre includes nonstarch polysaccharides, such as cellulose, dextrins, inulin, lignin, chitins, pectins, beta-glucans, waxes, and oligosaccharides.

There are two types of fibre - soluble and insoluble.

Most high-fibre-containing foods have both insoluble and soluble fibre, so people do not need to think much about the difference. Instead, they can focus on overall fibre intake.

SOLUBLE FIBRE

Soluble fibre dissolves in water and forms a gel-like substance in the stomach. Bacteria later break the gel down in the large intestine. Soluble fibre provides some calories to the individual.

Soluble fibre provides the following benefits:

- lowering LDL cholesterol in the blood by affecting how the body absorbs dietary fat and cholesterol
- slowing absorption of other carbohydrates through digestion, which can help regulate blood sugar levels

Good sources of soluble fibre include:

- beans
- fruits
- oats
- nuts
- vegetables

INSOLUBLE FIBRE

Insoluble fibre does not dissolve in water and passes through the gastrointestinal tract, mostly intact. It does not provide calories.

Insoluble fibre helps build bulk in the stool, helping a person pass stool more quickly. It can also help prevent constipation.

Good sources of insoluble fibre include:

- fruits
- nuts
- vegetables
- whole grain foods

Recommended intake

According to the [Academy of Nutrition and Dietetics](#), the recommended intake of dietary fibre in a 2,000 calorie diet is:

- 25 grams (g) per day for adult females
- 38 g per day for adult males

People need less fibre after 50, at around 21 g for women and 30 g for men. Women should aim for at least 28 g per day during pregnancy or breastfeeding.

Dietary sources

Plant-based foods are an excellent source of dietary fibre. Some types have more fibre than others.

The following are some examples of their fibre contents:

Food	Serving size	Calories	Dietary fiber in g
High fiber bran (ready-to-eat cereal)	½–¾ of a cup	60–81	9.1–14.3
Chickpeas, canned	1/2 a cup	176	8.1
Lentils, cooked	1/2 a cup	115	7.8
Pinto beans, cooked	1/2 a cup	122	7.7
Black beans, cooked	½ a cup	114	7.5

Lima beans, cooked	1/2 a cup	108	6.6
White beans, canned	½ a cup	149	6.3
Kidney beans	1/2 a cup	112	5.7
Wheat bran flakes (ready-to-eat cereal)	3/4 of a cup	90–98	4.9–5.5
Raw pear	1 medium fruit	101	5.5
Baked beans, canned, plain	1/2 a cup	119	5.2
Avocado	1/2 a cup	120	5.0
Mixed vegetables, cooked from frozen	1/2 a cup	59	4.0
Raspberries	½ a cup	32	4.0
Blackberries	1/2 a cup	31	3.8
Collards, cooked	1/2 a cup	32	3.8
Sweet potato, baked in skin	1 medium vegetable	103	3.8
Popcorn, air-popped	3 cups	93	3.5
Almonds	1 ounce (oz)	164	3.5
Whole wheat spaghetti, cooked	1/2 a cup	87	3.2
Orange	1 medium fruit	69	3.1
Banana	1 medium fruit	105	3.1

Oat bran muffin	1 small muffin	178	3.0
Pistachios, dry roasted	1 oz	161	2.8
Pecans, oil roasted	1 oz	203	2.7
Quinoa, cooked	half a cup	111	2.6

References:

1. Medical News Today <https://www.medicalnewstoday.com/articles/146935#types-of-fiber>
2. Better Health - <https://www.betterhealth.vic.gov.au/health/healthyliving/fibre-in-food>
3. Mayo Clinic - <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>