



ROGERS FOODS NEWSLETTER

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Recipes of the Month

Air Fryer Baked Oats Recipe

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Air Fryer Fruit Coffee Cake Recipe

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Oats, The Dry Skin Blaster

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New Year, New Packaging

As we slowly begin launching our new packaging into the real market, we want our consumers to know that nothing inside the bags have changed. Same products, same process just a new twist to our bags for 2023!



Air Fryer Baked Oats



INGREDIENTS

- 1 cup mashed ripe bananas (about 2 medium)
- 1/2 cup chunky peanut butter
- 1/2 cup honey
- 1 teaspoon vanilla extract
- 1 cup Rogerd Foods Large Oats
- 1/2 cup Rogers Foods Wheat Flour
- 1/4 cup nonfat dry milk powder
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1 cup dried cranberries or raisins

INSTRUCTIONS

- Preheat your Air Fryer to 300°.
- Beat the mashed bananas, peanut butter, honey and vanilla until blended.
- In a separate bowl, mix the Rogers Oats, flour, milk powder, cinnamon, salt and baking soda together until combined.
- Add the wet banana mixture into the dry mixture and stir until just combined. Add in the dried cranberries or raisins.
- Bake your breakfast cookies in batches. Drop 1/4 cup of dough about 2 inches apart onto the greased tray in your air-fryer basket - flatten to about 1/2-inch thickness for each.
- Bake your cookies until lightly browned, around 6-8 minutes.
- Leave to cool in the basket for about 2 minutes and finish cooling on wire racks.
- ENJOY!

Air Fryer Fruit Coffee Cake



INGREDIENTS

FILLING

- 1/3 cup sugar
- 2 tablespoons cornstarch
- 6 tablespoons water
- 1 cup fresh or frozen raspberries (unsweetened) OR sliced plums OR blueberries OR strawberries OR peaches. Choose your favourite fruit!
- 1-1/2 teaspoons lemon juice

COFFEE CAKE BATTER

- 1-1/2 cups Rogers Foods All Purpose Flour
- 1/2 cup sugar
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon nutmeg
- 1/2 cup cold butter, cubed
- 1 large egg, lightly beaten
- 1/2 cup milk or milk alternative
- 1/2 teaspoon vanilla extract

TOPPING

- 2 tablespoons cold butter, cubed
- 1/4 cup all-purpose flour
- 1/4 cup sugar
- 2 tablespoons sliced almonds

INSTRUCTIONS

- **FILLING** - In a saucepan, whisk the sugar, cornstarch and water until smooth. Turn on medium heat and bring the mixture to a boil. Cook and stir until thickened, about 1-2 minutes. Add the fruit of your choice along with the lemon juice. Cook for an additional minute and then set aside to cool.
- Preheat air fryer to 325°.
- In a mixing bowl, combine the Rogers Flour, sugar, baking powder, salt, cinnamon and nutmeg.

- Cut in the cold butter in the flour mixture to form fine crumbs.
- Stir in eggs, milk and vanilla until blended.
- Spread half the batter into a greased 8-in. round baking cookware that fits into your air fryer.
- Spread the fruit filling evenly over top.
- Drop remaining batter by the spoonfuls and carefully spread over filling.
- For topping, cut butter with a fork into the flour and sugar and stir in the almonds. Sprinkle over top. Place pan in



Sprinkle over top. Place pan in air fryer and bake until a toothpick inserted shows the center is cooked and the crumbs on top are golden brown - this should be about 30-35 minutes but airfryers can vary greatly so begin checking at around 25 minutes.

WELLNESS CORNER

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

Dry Skin Blaster - Oat Mask & Bath Soak

Bye Bye dry itchy skin....

Dry skin can be irritating and inconvenient, but is usually harmless. Caring for your skin and ensuring it doesn't dry out is essential, as uncared-for dry skin can lead to atopic dermatitis (eczema). Prolonged and excessively dry skin can trigger eczema causing rashes and cracked skin.

Dry skin can happen any time of the year when your skin is exposed to dry weather conditions, overuse of hot water when bathing and exposure to

certain chemicals (think cleaning products). Dermatitis is a term used by the medical industry when referring to excessively dry skin. Some specific underlying health issues show up as dry skin, including diabetes, kidney failure, malnutrition, hypothyroidism and sjögren's syndrome. You should consult your doctor if you cannot get your skin adequately hydrated by drinking water and applying the cream.



But if you are just the victim of dry skin from being in the sun too much or liking your heater turned on high during the cold winter months, here are a few things to keep in mind to keep your skin happy and hydrated!

1. Sleep can quickly impact your health, and that includes your skin. Try to get 8 to 9 hours of sleep each night in a dark and cool room.
2. Limit your showers to 5 to 10 minutes, and use lukewarm water instead of hot water.
3. Drink lots of water throughout the day.
4. Limit your coffee and alcohol intake.
5. Limit or avoid smoking.
6. Switch to a gentle cleanser.
7. Eat a varied diet that's rich in essential fatty acids. Foods high in Omega-3 include fish, vegetable oils, nuts (especially walnuts), flax seeds, flaxseed oil, and leafy vegetables.
8. Take oatmeal baths and try using oatmeal masks.

ROGERS FOODS OATMEAL FOR YOUR SKIN

- **OATMEAL FACE MASK** - Grind two tablespoons of Rogers Foods Oatmeal in a blender or food processor. Add one teaspoon baking soda to the oatmeal with enough water to make a paste. Apply the oatmeal paste onto your clean, dry face avoiding your eyes. Leave the oatmeal face mask on until it is dry, at least 10 minutes. Rinse with warm water while gently massaging it off in a circular motion. Rinse, pat dry and moisturize!
- Alternatively, you can add additional ingredients for more benefits. I love apple cider vinegar, rosewater and honey. Apple cider vinegar is an effective way to cleanse the skin of bacteria and debris. Due to its anti-inflammatory properties, rose water can reduce skin redness and puffiness. It is also commonly used to soothe the irritation of acne and rosacea. It has anti-aging properties. Rose water is often found in beauty products aimed at reducing wrinkles. Applying honey to the skin is an effective way to balance oily skin and reduce excess oil production. It gives skin that

healthy, dewy glow we all want without leaving the skin looking oily or shiny. And it's non-comedogenic, so it won't clog your pores and lead to breakouts.

HONEY, ROSEWATER, ACV FACE MASK RECIPE - 2 tablespoons colloidal oats (finely group oats in high powered blender), one teaspoon apple cider vinegar, one teaspoon rosewater, one tablespoon honey (approximate). Blend together and apply to clean dry skin. Leave on for 10 minutes and rinse with warm water while gently massaging. Pat dry and add your moisturizer.

OATMEAL BATH SOAK



- Finely ground oats can dissolve in hot water when starting a warm bath. Make your own by pulsing oats in a blender.
- This colloidal oatmeal bath dissolves in the bath rather than floating or collecting at the bottom of the tub. Making your own colloidal oatmeal is easy and can be done with a blender, food processor or coffee grinder.
- While oatmeal is, of course, the primary ingredient in this soak, other ingredients can have a complementary effect. Soothing

essential oils, baking soda, or Epsom salts added to a therapeutic oatmeal bath soak increases the benefits.