



ROGERS FOODS NEWSLETTER

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Recipes of the Month

**Salted Carmel Apple
Pudding Cake
Recipe**

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**Coconut Crepes with
Raspberry Sauce Recipe**

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**Wheat Bran as Part of Your
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Mother's Day Giveaway

Spring is here and we couldn't be happier. Spring cleaning, baking, simpler cooking, more time outdoors and MOTHER'S DAY! We love celebrating our moms and will do so by giving one winner a \$200 gift card to a local supermarket in their area that carries Rogers Foods products for all of your spring baking. Watch for the contest starting in May!



For Mother's Day I tried to bake An eleven layer chocolate cake, One layer for each of the years Mom wiped away my tears and fears.

She streaked some flour on my nose. From that a flour fight arose. We laughed, then made that second cake, Chit-chatted while we watched it bake.

Mom's gift was perfect - and quite tall. I iced on top, "Best Mom of All." It made Mom laugh. "I've got to say, This has been the best Mother's Day!"

SALTED CARMEL, APPLE PUDDING CAKE



Ingredients

- 1 tbsp butter, softened
- 3 large eggs, and 2 egg yolks
- 50g dark brown sugar
- 200ml whole milk
- 300ml double cream
- 375g caramel sauce, beaten until smooth
- 2 tsp vanilla extract
- 75g ROGERS ALL PURPOSE FLOUR
- 3 apples
- ice cream, to serve (optional)

Directions

- STEP 1 Heat the oven to 180C/160C fan/gas Butter a 30 x 20 x 4cm baking dish. Put the eggs, extra yolks, sugar, milk, cream, 200g of the caramel, the vanilla and a large pinch of sea salt in a large bowl, then whisk until combined. Stir in the flour until the batter is smooth.
- STEP 2 Halve, core and cut the apples into 1cm slices – there's no need to peel them. Arrange in the baking dish and pour over the batter. Bake for 30-35 mins until the batter is set in the centre, golden and slightly risen.
- STEP 3 Drizzle over the remaining caramel, then sprinkle with a little extra sea salt. Leave to rest for 5-10 mins (it will deflate a little). Serve warm with vanilla ice cream, or whipped cream.



COCONUT CREPES WITH RASPBERRY SAUCE



Ingredients

For the raspberry sauce

- 200g raspberries
- 2 tsp corn starch
- 2 tsp maple syrup

For the coconut crêpes

- 140g ROGERS ALL PURPOSE FLOUR
- 2 large eggs
- 300ml coconut milk
- 2 tbsp toasted desiccated coconut
- splash of oil for frying

Directions

- **STEP 1**
- Set aside 6 of the raspberries. Mix the corn starch with 1 tbsp water until smooth. Measure 300ml water in a pan, and stir in the cornflour paste. Heat, stirring, until thickened. Add the remaining raspberries and cook gently, mashing the berries to a pulp. Strain the mixture through a sieve into a bowl to remove the seeds, pushing through as much of the mixture as you can. Quarter the reserved raspberries and add to the sauce, along with the maple syrup

- **STEP 2**
- To make the crêpes, tip the flour and a pinch of salt into a large jug, then beat in the eggs, coconut milk, 200ml water and 1 1/2 tbsp toasted coconut to make a batter the consistency of double cream. Thin with a little more water if it is too thick. Heat a small frying pan with a dash of oil, then pour in a little batter, swirling the pan so that it completely covers the base. Leave to set over the heat for 1 min, then carefully flip it over and cook the other side for a few secs more. Transfer to a plate and repeat with the remaining batter until you have at least 12. Stir the batter to redistribute the coconut as you use it. Serve 2 crêpes per person with a drizzle of the sauce and a little of the remaining toasted coconut.

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

WHEAT BRAN AS PART OF YOUR HEALTHY DIET



Dietary wellness is essential to maintaining good health and preventing chronic diseases. Changes in lifestyle have led to a high incidence of diseases and conditions such as cardiovascular diseases, obesity, and diabetes. To maintain a healthy diet, it is important to consume foods that are high in fibre. Wheat bran is a natural source of fibre and offers a variety of health benefits. This blog will explore the benefits of having wheat bran in one's diet and the scientific evidence that supports these benefits.

What is Wheat Bran?

Wheat bran is a component of the wheat grain that remains after the flour has been milled. It is an excellent source of fibre and contains essential vitamins and minerals such as iron, magnesium, and zinc. Wheat bran is one of the most fibre-rich parts of the wheat grain, making it an excellent addition to one's diet, especially for those who are trying to increase their fibre intake.

Health Benefits of Wheat Bran

1. Promotes Digestive Health

Wheat bran contains insoluble fibre that promotes digestive health. Insoluble fibres, unlike soluble fibres, do not dissolve in water and pass through the digestive system undigested, adding bulk to the stool and increasing bowel movements. This action prevents constipation and digestive problems such as hemorrhoids and diverticulitis.

Research has shown that consuming wheat bran can help reduce the risk of colon cancer. Wheat bran contains phytochemicals that protect against the formation of colon cancer by preventing the growth of cancerous cells in the colon.

2. Helps with Weight Loss

Wheat bran can also help with weight loss. The insoluble fibre in wheat bran makes people feel full, reducing the likelihood of overeating. Overeating and consuming of a lot of refined and processed foods can cause weight gain. Also, the fibre in wheat bran helps to slow down the absorption of sugar in the bloodstream, thus preventing a dramatic surge in insulin production, which can also help prevent weight gain.

3. Lowers Cholesterol Levels

Consuming wheat bran can help lower cholesterol levels. The soluble fibre in wheat bran absorbs bile acid, a substance created by the liver that helps digest fat. When this acid is absorbed, the liver needs to make more, using up cholesterol in the process, thus reducing cholesterol levels.

4. Regulates Blood Sugar

The fibre in wheat bran can help regulate blood sugar levels, especially for people with type 2 diabetes. Insoluble fibre can slow down the absorption of sugar in the bloodstream, preventing spikes and minimizes the need for insulin. Research has shown that consuming wheat bran reduces the risk of diabetes development.

5. Reduces the Risk of Heart Diseases

Wheat bran consumption can also help reduce the risk of heart diseases. The beneficial effect of wheat bran on cholesterol levels and blood sugar regulation can help improve arterial health, preventing plaque build-up, and reducing the risk of heart disease

How to Incorporate Wheat Bran into Your Diet

There are many ways to incorporate wheat bran into one's diet. Here are some ideas:

1. Use it as a cereal topping.
2. Add to sauces and smoothies.
3. Use as a substitute for breadcrumbs.
4. Mix it into pancake or waffle batter.
5. Add to homemade granola or trail mix.
6. Use it as a binder in meatloaf, meatballs, or veggie burgers.

Wheat bran is a natural source of fibre that provides various health benefits. It promotes digestive health, aids weight loss, lowers cholesterol levels and blood sugar, and reduces the risk of heart disease. As such, it is important for individuals to consider incorporating wheat bran into their diet. When incorporating wheat bran into one's diet, care should be taken to ensure that the fibre content of foods is not too high, leading to gastrointestinal issues such as bloating, constipation, and cramps. You should consult your doctor or nutritionist before making any dietary changes.

REFERENCES

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