



ROGERS FOODS NEWSLETTER

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Recipes of the Month

CHRISTMAS WHIRLY BUNS
RECIPE

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CHRISTMAS TREE
CHOCOLATE CHIP MINT
BROWNIES RECIPE

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ROGERS FAVOURITE
FESTIVE RECIPE

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HEALTHY EATING WHILE
ENJOYING THE HOLIDAY
SEASON

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December Celebrations Begin!

We are thrilled that December is here and indulging in baking and family gatherings begin. It's the time of the year that we make time for the ones we love; slow down a little and spend more time in the kitchen. The winner of Movember will be announced today and in the coming week we are announcing a really big contest with a Canadian Celebrity and over \$1000 in cash and prizes. Stay tuned!



CHRISTMAS WHIRLY BUNS



Prep Time - 15 min Yield - 15 buns

INGREDIENTS

3 cups ROGERS NO ADDITIVE or ALL PURPOSE FLOUR

1/4 cup of sugar

2 tbsp baking powder

1/2 tsp salt

3/4 cup margarine, chilled

1 cup milk

1 egg, beaten

FILLING

- 1 tbsp sugar
- 1 egg, beaten
- 1/2 cup glazed red cherries, halved
- 1/2 cup glazed green cherries, halved

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Beat together 1 egg and milk and stir into dry ingredients.
3. Turn dough out onto a floured surface and knead lightly about 8-10 times.
4. Roll out dough into a rectangle about 1/4" thick. Brush with beaten egg, sprinkle with sugar and glazed cherries and roll up like a jelly roll starting from the long side.
5. Cut into 1 and 1/2" slices. Place slices cut side down into muffin pans.
6. Bake 25-30 minutes

CHRISTMAS TREE CHOCOLATE CHIP MINT BROWNIES



PREP TIME: 20 minutes

COOK TIME: 25 minutes

NUMBER OF SERVINGS: 15

These mouthwatering treats are not only a feast for the eyes, but also a delight for your taste buds. Get in the Christmas spirit with these mouth-watering Chocolate Chip Mint Christmas Tree Brownies! These delicious brownies are a festive twist on a classic treat, perfect for indulging in during the holiday season. The rich and gooey chocolate chip brownie base is topped with a luscious white or green icing,

resembling a whimsical Christmas tree. Decorate with colorful sprinkles to add that extra touch of magic and make your taste buds dance with joy!

INGREDIENTS

½ cup unsalted butter (115g)
3 oz dark chocolate chips or pieces (150g)
¾ cup dark brown sugar (150g)
½ cup white sugar (100g)
2 eggs at room temperature
1 tsp peppermint extract
1/3 cup ROGERS FOODS NO ADDATIVE ALL PURPOSE FLOUR (45g)
1/3 cup dark chocolate chip chips or chunks (50g)
1/3 cup white chocolate chips or chunks (50g)
¼ tsp vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F / 180°C.
2. Line the bottom and 2 sides of an 8-inch square pan with parchment paper.
3. Melt dark chocolate with butter in the microwave (at 10-15 second intervals) or in a double boiler with the bottom not touching the water.
4. Take off the heat and add sugars. Mix well until smooth.
5. Add eggs and stir until creamy and mixed well.
6. Add flour and combine.
7. Add the chocolate chips or chunks, mint, and vanilla extracts, and mix until combined.
8. Pour batter into the prepared pan. Smooth the top with a spatula.
9. Bake for about 25 minutes, until slightly puffed, and the surface of the brownie mixture is dry, but the center is somewhat soft.
10. Let cool completely on a wire rack before lifting the paper carefully so brownies come out in one piece.
11. Wait until brownies are completely cooled and firm, best if refrigerated beforehand before cutting.
12. To cut brownie into triangles, first cut into 3 equal rows. Cut each row into 5 triangles to form tree shape. Save the left-over pieces to enjoy later!
13. Drizzle with chocolate or icing and favourite candies. Insert half a straw or candy cane stick.

SOME OF OUR FAVOURITE FESTIVE RECIPES

1. SAVOURY MAKE-AHEAD BREAKFAST BAKE



This make-ahead savoury bake is perfect for the holidays. From Christmas Day breakfast and Boxing Day brunch to your New Year's Eve party and New Year's Day snacks, this versatile, rustic dish will be a big hit with family and friends. Made with Rogers Original Porridge Oats & Healthy Grains, prep it that day before and simply bake it the day of. Enjoy it with fresh fruit and coffee while opening gifts Christmas morning or as a delicious, hearty appetizer at your neighbourhood New Year's Eve party.

2. CHRISTMAS STOLEN BREAD

German Stollen have been around for nearly 700 years and are prized throughout the world as one of the most famous and beloved of all Christmas pastries. Your search for the BEST authentic German Stollen recipe has ended: Flaky, moist, and divinely flavorful, these homemade German Christmas Stollen are INCREDIBLE!





WELLNESS CORNER

Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

HEALTHY EATING WHILE ENJOYING THE HOLIDAY SEASON



The holiday season is a time for celebration, family gatherings, and feasting on delicious foods. It is also a time that many people dread because they fear the consequences of overindulging in unhealthy foods and gaining weight.

However, enjoying the Christmas holidays is possible while maintaining a healthy diet.

Let's discuss some strategies for healthy eating during the Christmas holidays, including meal planning, making healthier choices, and finding balance in your diet. One of the critical strategies for healthy eating during the Christmas holidays is to plan your meals and snacks ahead of time. This can help you avoid the temptation of reaching for unhealthy foods when hunger strikes. Start by making a list of healthy recipes and cooking them in advance. This will save you time during the busy holiday season and ensure you have nutritious meals readily available.

Additionally, having healthy snacks, granolas, fruits, nuts, and yogurt on hand can prevent you from reaching for the unhealthy treats often abundant during this time of year.

When attending holiday parties or gatherings, it can be challenging to resist the temptation of the decadent and calorie-laden foods that are typically served. However, making healthier choices is possible with some planning and mindfulness. Instead of loading up on high-fat and high-sugar options, opt for lean proteins, vegetables, and whole grains. Fill your plate with colourful and nutrient-dense foods that satisfy your hunger and provide essential vitamins and minerals.

Additionally, be mindful of portion sizes and try not to overindulge in foods high in calories and low in nutritional value. Finding balance in your diet is also essential for maintaining healthy eating habits during the Christmas holidays. It is okay to enjoy the occasional treat or indulgence, but it is essential to do so

in moderation. Instead of depriving yourself of your favourite holiday foods, practice portion control and savour each bite. By allowing yourself to enjoy small portions of indulgent foods, you can satisfy your cravings while maintaining a balanced and healthy diet.

Remember that it is not about perfection but rather finding a sustainable and enjoyable way to eat healthily during this festive season. In addition to making healthier choices and finding balance in your diet, staying active during the Christmas holidays is essential. With the colder weather and busier schedules, it can be easy to let your exercise routine fall by the wayside. However, staying active is essential for both physical and mental well-being.

Find ways to incorporate physical activity into your holiday festivities, such as walking with family members, taking a yoga class, or participating in winter sports. Not only will this help you burn off some of the extra calories consumed during holiday meals, but it will also help reduce stress and improve your overall mood. Finally, it is crucial to focus on the big picture and not get discouraged by occasional slip-ups or deviations from your healthy eating plan. The Christmas holidays are meant to be a time of joy and celebration, and food is essential to these festivities. So instead of feeling guilty about indulging in a few extra cookies or a slice of pie, focus on returning to your healthy eating habits and maintaining a balanced diet in the long run.

Remember that one meal or day of indulgence will not derail your progress as long as you continue to make healthy choices in the following days. Healthy eating during Christmas is achievable with some planning, mindfulness, and balance. You can enjoy the holiday season without compromising your health by planning your meals and snacks, making healthier choices, finding balance

in your diet, staying active, and maintaining a positive outlook. Remember that indulging in some of your favourite holiday treats is okay, but do so in moderation and with awareness. By following these strategies, you can make the most of the festive season while caring for your health and well-being. Let this Christmas be a time of joy, celebration, and healthy eating!