



January 2023

ROGERS FOODS NEWSLETTER

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Recipes of the Month

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WHOLE GRAIN SEEDED
BREAD RECIPE

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HEALTHY BANANA
OATMEAL COOKIE RECIPE

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JANUARY HEALTHY
EATING TIPS

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Happy New Year!

Another year has come and gone and we can't believe that we are moving into 2024! We hope that you had a wonderful holiday season with friends and family and enjoyed all that the season has to offer.

Thank you to our loyal Rogers Foods customers for their support over the years. We will continue to produce quality products for our Canadian Consumers and appreciate each and every one of you! Best wishes to you and yours for 2024!



ENTER TO WIN \$1000 IN CASH & CHUCK HUGHES COOKWARE



Rogers Foods & Chuck Hughes Holiday Recipe Contest:

Win \$1,000! 🎁 ✨

In the heart of the holiday spirit, Rogers Foods and Chuck Hughes have teamed up to ignite taste buds and inspire kitchens across Canada. Whether you're whipping up delectable hors d'oeuvres for holiday gatherings or delighting family and friends with your New Year's Eve masterpiece, it's your time to shine!

Be it a show-stopping holiday main, a decadent dessert, or a savoury snack,

here's your chance to showcase your culinary finesse.

HOW TO ENTER:

- FOLLOW Chuck Hughes Brand and Rogers Foods on Meta/Facebook, Instagram and/or X/Twitter.
- CREATE your recipe using at least one (1) Chuck Hughes brand and one (1) Rogers Foods ingredient.
- CAPTURE an image or video (include the product packaging you



used)

■ SHARE your creation & recipe, and caption your masterpiece using the hashtag [#mychuckrogersrecipe](https://www.instagram.com/hashtag/mychuckrogersrecipe).



Contest Period: December 14, 2023 - January 14, 2024



Prizes: Grand Prize: \$1,000; Runner Up (1) - Chuck Hughes Brand bundle, including a Chuck Hughes Cast Iron 5L Round Dutch Oven, retailing over \$360!

WE ARE LOOKING FOR:



Creativity in holiday theme and flavour profile.



Incorporation of Rogers Foods and Chuck Hughes Brand ingredients - the more the merrier!



High-quality photo and/or video.

Let's spread the culinary magic of the holiday season far and wide!

CONTEST RULES:

(SEE FULL CONTEST RULES: bit.ly/3RIDKfi LINK IN BIO)

Eligibility: Contest is open to Canadian residents only, 18+ years of age or older.

Prizes:

First Prize: \$1,000.00 CAN

Runner-Up (1) Prizes: Chuck Hughes brand bundle, including a Chuck Hughes Cast Iron 5L Round Dutch Oven, retailing over \$360!

Recipe Requirements: Create an original holiday recipe using at least one (1) ingredient from Rogers Foods and one (1) from Chuck Hughes Brand. Recipes must be for a holiday-themed dish suitable for the festive season. All entries must be written in English and include a complete list of ingredients with measurements and detailed preparation instructions.

This promotion is not sponsored, administered, or associated with Instagram, Inc.

For product information: <https://chuckhughes.ca>

For product information: <https://rogersfoods.com>

WHOLE GRAIN SEEDED BREAD



PREP TIME: 4 hours minutes

COOK TIME: 21 minutes

NUMBER OF SERVINGS: 12 slices

RECIPE courtesy of <https://minimalistbaker.com/the-easiest-whole-grain-seeded-bread/>

- 1 1/2 cups warm water
- 3/4 Tbsp fast-acting yeast (1 packet yields ~3/4 Tbsp or 2 1/4 tsp)
- 2 Tbsp maple syrup, agave, or honey
- 1/2 Tbsp salt
- 1 Tbsp flaxseed meal
- 2 cups **Rogers Foods Whole Grain Whole Wheat Flour**
- 1 3/4 cups **Rogers Foods All Purpose Flour** (plus more for rolling / dusting)
- 2 Tbsp raw or roasted sunflower seeds
- 2 Tbsp **Rogers Foods Whole Rolled Oats**

INSTRUCTIONS

- Combine warm water (like bath water, or 110 degrees F / 43 C), yeast, maple syrup (or other sweetener), salt, flaxseed meal, and flours in a large mixing bowl and stir. The result will be a sticky, rough dough. If using a stand mixer, beat at medium speed for about a minute. Otherwise just use a spoon to stir until well combined and when it can no longer do the job, knead and turn it in the bowl with your hands. Add flour until the dough is no longer sticking to the sides – up to 3 3/4 cups total (amount as original recipe is written // adjust if altering batch size).
- Lift the dough out and lightly grease the bowl with nonstick spray or olive oil. Cover and let rise for 2 hours at room temperature and 2 hours in the fridge. Alternatively, if you only have 2 hours, let rise at room temperature and skip the fridge (though a longer rise is best).
- Use fingers to create a small hole in the dough and pour in sunflower seeds and oats. Transfer dough to a lightly floured work surface and knead about 20 turns or until elastic. Form into a loaf-like shape.
- Place seam-side down in a lightly greased loaf pan or baking sheet and sift a light coating of flour over the top to help keep the dough moist. Loosely cover with plastic wrap and let rest for 45-60 minutes.
- Preheat oven to 425 degrees F (218 C)* toward the end of the dough resting time and place a metal or cast iron pan (**NOT glass, Pyrex, or ceramic**) on the lowest oven rack. Also have 1 cup of hot water ready.
- When the oven is preheated, slash the bread 2 or 3 times with a knife, making a cut about 1/2-inch deep.
- Place in oven on middle rack. Then carefully pour hot water into the shallow pan on the rack beneath. Expect it to bubble and steam; then close oven door quickly.
- Bake the bread for 26 to 35 minutes, or until deep golden brown and risen.
- Remove the bread from the oven and let rest in the pan for 5 minutes. Then carefully remove from pan and transfer to a cooling rack to cool. Let it cool completely before slicing for best results (otherwise it can be doughy in the middle).
- Store leftovers in a plastic bag at room temperature for up to a few days. Transfer to freezer for longer term storage.

Notes

Based on some users' experience, I lowered the baking temperature to 425 F (from 450) to ensure the middle gets all the way done. I've had success at 450* F, but it seems some people's ovens or loaf pans are not allowing it to cook all the way through.

HEALTHY BANANA OATMEAL COOKIES



- 1/2 tsp salt
- 2 medium ripe bananas, mashed
- 1/4 cup milk
- 1 large egg, beaten
- 1 tsp honey
- 1/2 tsp vanilla extract
- 1 cup **Rogers Foods Large Flake Oats**
- 1 tsp ground cinnamon
- pinch of nutmeg
- 1/2 tsp baking powder
- 1/8 tsp salt

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.
2. Mix together mashed bananas, milk, egg, honey, and vanilla in a bowl. Stir in oats, cinnamon, baking powder, and salt until well combined. Add more oats if the batter is too runny.
3. Spoon mounds of batter a few inches apart onto the prepared baking sheet.
4. Bake in the preheated oven until the tops look dry and edges are golden, about 15 minutes.

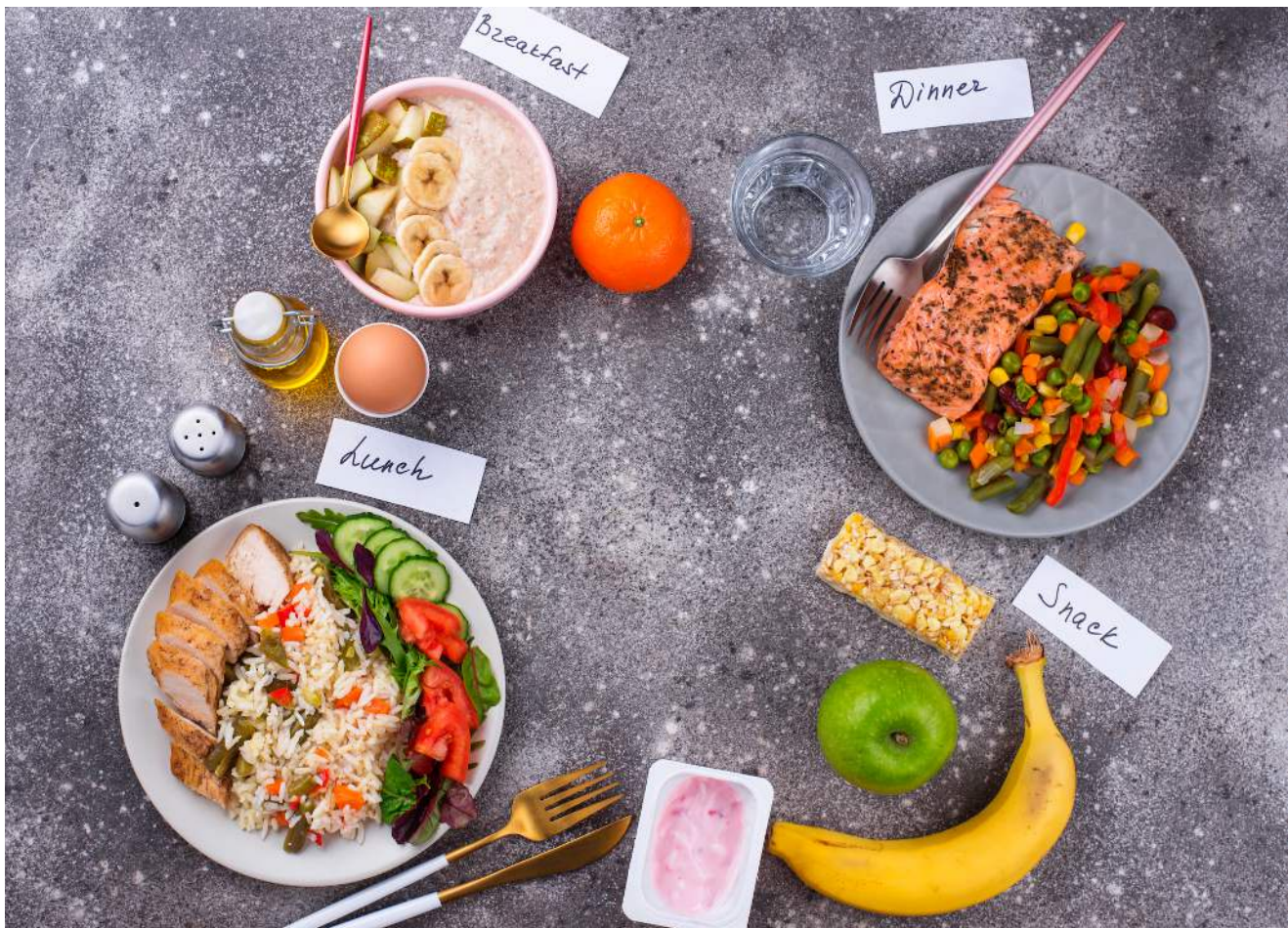
Optional additions and toppings include raisins, nuts, coconut flakes, peanut butter (soften by microwaving first), or a drizzle of honey.



WELLNESS CORNER

Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

HEALTHY EATING TIPS FOR THE NEW YEAR



In today's society, a growing emphasis is on healthy eating and living a healthier lifestyle. With increasing rates of obesity, heart disease, and other health problems, it is more important than ever to prioritize our diet and make healthier choices.

Let's explore some essential healthy eating tips that can help improve our overall well-being and lead us toward a healthier lifestyle.

Understanding Nutritional Needs The first step in adopting a healthier diet is understanding our nutritional needs. This involves learning about the different food groups and the nutrients they provide. It is essential to have a balanced intake of carbohydrates, proteins, fats, vitamins, and minerals. A diet lacking these essential nutrients can lead to various health problems. We must also consider our nutritional needs based on age, gender, physical activity level, and any existing health conditions. For example, growing children and pregnant women have different nutritional needs than average adults. By understanding our nutritional needs, we can make more informed decisions about our dietary choices and ensure that we get the necessary nutrients for optimal health.

Balanced Diet A balanced diet is crucial for maintaining good health. A balanced diet includes a variety of foods from all the food groups in the right proportions. This means consuming many fruits, vegetables, whole grains, lean proteins, and healthy fats.

It is essential to avoid excessive consumption of processed foods, sugary drinks, and high-fat, high-calorie foods. These types of foods can lead to weight gain and increase the risk of developing chronic diseases such as diabetes, heart disease, and certain types of cancer. An easy way to ensure a balanced diet is to follow recommended dietary guidelines such as the food pyramid or MyPlate. These guidelines outline the recommended servings for each food group and provide a general framework for healthy eating. By following these guidelines, we can ensure that we are getting the right balance of nutrients and maintaining a healthy diet.

Portion Control - Portion control is another essential aspect of healthy eating. Eating the correct portion sizes is crucial for managing weight and preventing overeating. It is common for people to underestimate the amount of food they consume, leading to consuming more calories than they need. Over time, this can lead to weight gain and various health issues. Practicing portion control involves being mindful of serving sizes and listening to our body's hunger and fullness cues. It can be helpful to use smaller plates and bowls to control portion sizes, as larger plates can increase food consumption. Additionally, it can be beneficial to measure and weigh food portions to ensure accuracy and consistency. Practicing portion control can help us better manage our weight and support our overall health and well-being.

Meal Planning - Meal planning is a helpful strategy for achieving healthy eating habits. Planning meals in advance allows us to make more thoughtful decisions about our food choices and ensures we have access to nutritious meals throughout the week. It can also help save time and money, as we can avoid last-minute fast food purchases or impulse purchases at the grocery store. When planning meals, it is important to consider a variety of foods from different food groups and include a mix of nutrients. This can involve incorporating fruits and vegetables into every meal, choosing lean proteins, and opting for whole-grain options. It can also be helpful to plan for healthy snacks to prevent mindless eating and encourage better food choices throughout the day.

Mindful Eating - Mindful eating is a practice that involves paying attention to the eating experience and being fully present while consuming food. This can help us develop a better relationship with food and improve our eating habits. Mindful eating involves tuning into our body's hunger and fullness cues, savouring the flavours and textures of our food, and being aware of emotional or external triggers that may influence our eating behaviour.

One way to practice mindful eating is to eat slowly and savour each bite. This allows us to better recognize when we are full and prevents overeating. It can also be helpful to minimize distractions while eating, such as watching TV or using electronic devices, as this can lead to mindless eating. By being more mindful about our eating habits, we can develop a healthier relationship with food and make more conscious decisions about what and how much we eat.

Hydration - Hydrating our bodies is a critical aspect of healthy eating. Drinking adequate water is essential for maintaining proper bodily functions and supporting overall health. Water is necessary for digestion, nutrient absorption, temperature regulation, and eliminating waste products from the body.

Dehydration can lead to various health problems, including fatigue, headaches, and impaired cognitive function. Drinking at least 8-10 cups of water per day is recommended, although individual needs may vary based on factors such as age, gender, and physical activity level. It is also essential to be mindful of our fluid intake and prioritize water over sugary drinks and excessive caffeine.

Staying adequately hydrated can support our body's overall functioning and promote better health.

Moderation and Flexibility - While it is important to make healthy eating choices, it is also essential to maintain balance and flexibility in our diet. This involves practicing moderation and allowing ourselves to enjoy occasional treats or indulgences without guilt. Depriving ourselves of the foods we enjoy can lead to feelings of deprivation and potentially result in binge eating or unhealthy



relationships with food. By allowing for occasional indulgences and practicing moderation, we can sustain healthy eating habits in the long term.

It can be helpful to follow the 80/20 rule, which involves making healthy food choices 80% of the time and allowing for indulgences or treats 20% of the time. This approach allows for flexibility and enjoyment while prioritizing overall health and well-being.

Adopting healthy eating habits is essential for supporting our overall health and well-being. Understanding our nutritional needs, maintaining a balanced diet, practicing portion control, and incorporating mindful eating practices are crucial to achieving a healthier lifestyle.

By prioritizing these healthy eating tips and making conscious choices about our dietary habits, we can improve our health, manage weight, and reduce the risk of chronic diseases. It is important to remember that healthy eating is not about perfection but rather about making consistent, thoughtful choices that support our overall well-being. With dedication and mindfulness, we can embrace a healthy eating lifestyle and reap the rewards of improved health and vitality for 2024!