



ROGERS FOODS NEWSLETTER

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Recipes of the Month

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CELEBRATING THE SEASONS

🌸✨ Spring Baking Vibes in Full Bloom! 🌸✨ Visit our website to dive into our kitchen filled with the sweet aroma of springtime magic! 🍰🌷 We're whisking our way into the heart of the season with our go-to ingredients including our #RogersFlour 🌾. It's the secret to that perfect, fluffy texture that we all crave in our baked delights. From decadent Raspberry scones to zesty lemon cakes, we're embracing the fresh, vibrant flavours of spring to the fullest. 🍋🌸 And with Rogers Flour, everything you bake should be as tender and comforting as a warm, sunny day. So, grab your apron, and let's sprinkle some joy and bake our days brighter together! 🧁



**A BIG CONGRATULATIONS TO THE WINNER OF OUR
\$200 SAINT PATRICK'S DAY WINNER
@FOODERDXTREME'S PISTACHIO ECLAIRS.**



ST PATRICK'S DAY PISTACHIO ECLAIRS



Recipe by contest winner @FOODEREXTREME

Here's the recipe from the winner of our St Patrick's Day Baking contest created by @fooderextreme!

INGREDIENTS

- 1/2 cup water
- 1/2 cup whole milk
- 8 Tbsp unsalted butter
- 1 tsp granulated sugar

- 1/4 tsp salt
- 1 cup **ROGERS NO ADDITIVE ALL-PURPOSE FLOUR**
- 4 large eggs

INSTRUCTIONS

- *Preheat your oven to 425°F (220°C)
- In a saucepan, bring water, milk, butter, sugar, and salt to a boil over medium heat.
- Remove from heat and swiftly add the flour, stirring vigorously until well incorporated.
- Return to heat and continue stirring until a thin film forms at the bottom of the pan.
- Transfer the mixture to the mixing bowl of a stand mixer. Using the paddle attachment, beat the mixture until it cools slightly, approximately 3 minutes.
- Add the eggs one at a time, mixing well between each addition. The mixture should fall in a thick ribbon when ready.
- Pipe the eclairs onto a lined baking pan using a 1/2 inch plain or open star tip.
- Bake at 425°F (220°C) for 10 minutes. Do not open the oven. Reduce the heat to 325°F (165°C) and continue baking for an additional 30 minutes.
- Afterward, poke each eclair with a toothpick and return to the oven for 5 minutes.
- Allow the eclairs to cool completely before filling and decorating.

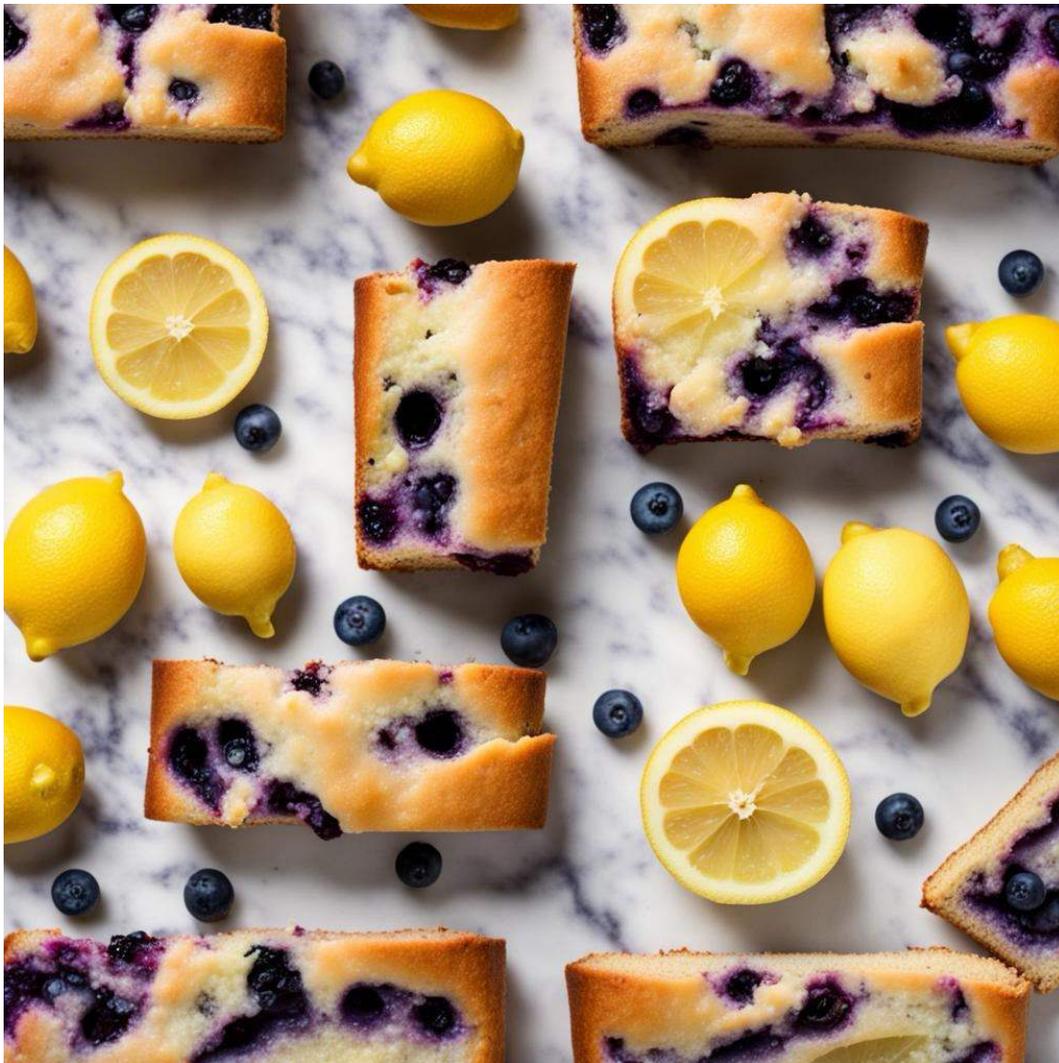
For the Filling

- Whip 1 cup of whipping cream with 2 tbsp granulated sugar until just before stiff peaks form.
- Add 1/2 tsp pistachio flavor and 1/2 tsp vanilla extract.
- Mix in a few drops of green food colouring until the desired shade is achieved.
- To Assemble: -Using a piping bag fitted with a round tip, fill each eclair with the prepared filling.
- Dip the tops of the eclairs into melted green candy melts for a delightful coating.
- Decorate with your favourite sprinkles for an extra festive touch

LEMON BLUEBERRY BREAD

PREP TIME: 20 minutes
COOK TIME: 50-60 minutes
NUMBER OF SERVINGS: 8-10

It's light and deliciously moist, and it showcases the bright flavours of lemon and fresh blueberries, making it a perfect treat for spring. Rogers Flour ensures this bread comes out beautifully tender every time.



INGREDIENTS

- 1 3/4 cups (220g) **Rogers All Purpose Flour**
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/3 cup (75g) unsalted butter, melted
- 1 cup (200g) granulated sugar
- 2 large eggs, room temperature
- 1/2 teaspoon vanilla extract
- Zest of 2 lemons
- 2 tablespoons lemon juice
- 1/2 cup (120ml) milk, room temperature
- 1 1/2 cups (220g) fresh blueberries (you can lightly coat them in flour to prevent sinking)
- 2 tablespoons **Rogers Flour** (for coating blueberries)

Lemon Glaze

- 1 cup (120g) powdered sugar
- 2-3 tablespoons lemon juice

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Grease and flour an 8.5 x 4.5-inch loaf pan or line it with parchment paper.
2. In a medium bowl, whisk together 1 and 3/4 cups of Rogers Flour, baking powder, and salt. Set aside.
3. In a large bowl, whisk the melted butter and granulated sugar. Add the eggs, one at a time, mixing well after each addition. Stir in the vanilla extract, lemon zest, and lemon juice.
4. Gradually add the flour mixture to the wet ingredients, alternating with the milk. Start and end with the flour mixture and mix until just combined.
5. In a small bowl, toss the blueberries with 2 tablespoons of Rogers Flour to coat them lightly. Gently fold the coated blueberries into the batter.
6. Pour the batter into the prepared loaf pan and smooth the top with a spatula.
7. Bake for 50-60 minutes, or until a toothpick inserted into the center comes out clean or with few crumbs.
8. Allow the bread to cool in the pan for about 10 minutes before transferring it to a wire rack to cool completely.

For the Glaze

1. In a small bowl, whisk together powdered sugar and lemon juice until smooth. Adjust the consistency with more lemon juice or powdered sugar as needed.
2. Once the bread is fully cooled, drizzle the lemon glaze over the top.

Slice, serve, and enjoy the bright, refreshing flavours of spring with each bite of this Lemon Blueberry Bread! 🍋🍷 Remember, baking is about having fun and sharing love through delicious treats. Happy Spring Baking!

RASPBERRY SCONES

PREP TIME: 25 minutes
COOK TIME: 18-22 minutes
NUMBER OF SERVINGS: 8



INGREDIENTS

- 2 cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 1/3 cup granulated sugar, plus extra for sprinkling
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 6 tablespoons cold unsalted butter, cut into small pieces
- 3/4 cup heavy cream, plus extra for brushing

- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup fresh raspberries
- Optional: Lemon zest from 1 lemon for added flavoUr

INSTRUCTIONS

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Mix Dry Ingredients- In a large bowl, whisk together the flour, 1/3 cup sugar, baking powder, and salt.
3. Add the cold butter pieces to the dry ingredients. - Using a pastry cutter or your fingers, work the butter into the flour until the mixture resembles coarse crumbs.
4. In a separate bowl, whisk together the cream, egg, and vanilla extract. - Add the wet ingredients to the flour mixture, stirring just until combined. Do not over-mix.
5. Gently fold in the raspberries (and lemon zest if using) to the dough, trying not to crush the berries.
6. Form & Cut Scones - Turn the dough out onto a lightly floured surface. - Gently knead the dough a few times, then pat it into a circle about 1-inch thick. - Cut the circle into 8 wedges.
7. Transfer the wedges to the prepared baking sheet. - Brush the tops with a little extra cream and sprinkle with granulated sugar.
8. Bake in the preheated oven for 18-22 minutes, or until the scones are lightly golden brown on the edges and firm to the touch.
9. Allow the scones to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely. - Serve warm or at room temperature. Enjoy these raspberry scones with a dollop of cream or a cup of tea for the perfect treat! To add an extra touch of sweetness, you can drizzle them with a simple glaze made from powdered sugar and lemon juice or milk.



WELLNESS CORNER

Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

HEALTHY ANCIENT GRAINS - WHAT ARE THEY & WHY YOU NEED TO INCLUDE THEM IN YOUR DIET



In a world where fast food and processed snacks dominate the market, the humble ancient grains have been largely overlooked, though their remarkable benefits deserve to be acknowledged. Ancient grains such as quinoa, amaranth, spelt, millet and khorasan have been consumed by civilizations for centuries, providing many health benefits that modern grains cannot match. One of the most significant advantages of consuming ancient grains is their high nutritional value. These grains are rich in fibre, protein, vitamins, and minerals,

making them a powerhouse of essential nutrients for maintaining good health. In addition, ancient grains are often gluten-free, making them a suitable option for those with gluten sensitivities or Celiac disease.

Another benefit of eating ancient grains is their ability to improve digestion and promote gut health. The fibre content in these grains helps regulate bowel movements and prevent constipation while feeding the beneficial bacteria in the gut. This can lead to a more robust immune system and a reduced risk of gastrointestinal issues. Consumption of ancient grains can potentially reduce the risk of chronic diseases and promote longevity in several ways:

1. **Nutrient-rich:** Ancient grains are often more nutrient-dense than modern grains, containing higher levels of vitamins, minerals, antioxidants, and fibre. These nutrients are crucial in reducing inflammation, supporting the immune system, and protecting against chronic diseases.
2. **Lower glycemic index:** Ancient grains typically have a lower glycemic index than refined grains, which means they release sugar into the bloodstream more slowly. This can help stabilize blood sugar levels, reduce the risk of type 2 diabetes, and improve overall metabolic health.
3. **High in fibre:** Ancient grains are a good source of dietary fibre, which promotes digestive health, regulates cholesterol levels, and helps maintain a healthy weight. High-fibre diets have been linked to a lower risk of heart disease, stroke, and certain types of cancer.
4. **Anti-inflammatory properties:** Ancient grains contain bioactive compounds such as phenolic acids and flavonoids with anti-inflammatory effects. Chronic inflammation is a common underlying factor in many chronic diseases, so consuming foods that help reduce inflammation can lower the risk of conditions like heart disease, arthritis, and dementia.
5. **Rich in antioxidants:** Ancient grains are rich in antioxidants, which help protect cells from damage caused by free radicals. Antioxidants have been linked to a lower risk of chronic diseases, including cancer, heart disease, and neurodegenerative disorders. Chronic inflammation is a critical factor in developing many chronic

diseases, so incorporating anti-inflammatory foods like ancient grains can help promote overall health and well-being.

So, what are Ancient Grains, you ask? Ancient grains refer to a category of grains and cereals that have remained largely unchanged over the last several hundred to thousands of years. Unlike modern grains, which have undergone significant breeding and modification to improve characteristics like yield, size, and pest resistance, ancient grains are valued for their nutritional profiles and flavours and as a means to preserve biodiversity. They are often more nutritious, offering a richer source of vitamins, minerals, and fibre than many modern grains. Some popular ancient grains include:

1. **Quinoa**: Originally from South America, quinoa is high in protein and gluten-free. It is a complete protein because it contains all nine essential amino acids.
2. **Amaranth**: Also native to the Americas, amaranth is rich in protein, fibre, and essential minerals such as magnesium and iron. It is also gluten-free.
3. **Teff**: A tiny grain from Ethiopia, teff is rich in calcium, iron, and protein.. It is a staple in Ethiopian cuisine and is commonly used to make injera, a type of flatbread.
4. **Spelt**: An ancient variety of wheat, spelt is rich in fibre and minerals. Though it contains gluten, some people sensitive to contemporary wheat varieties can tolerate spelt better.
5. **Farro (Emmer)**: Farro is a wheat widely eaten by ancient civilizations. It is high in fibre, protein, and nutrients like magnesium and iron.
6. **Kamut (Khorasan Wheat)**: Kamut is another ancient type of wheat known for its rich, nutty flavour. It is higher in protein and minerals than modern wheat and contains gluten.
7. **Millet**: Widely grown around the world, millet comes in many varieties and is highly versatile. It is gluten-free, high in fibre, and a good source of vitamins and minerals.
8. **Sorghum**: A versatile and drought-resistant grain that is a staple food in parts of Africa and Asia. It is gluten-free and rich in antioxidants.
9. **Einkorn**: Considered the oldest wheat variety, einkorn is nutritionally dense, rich in protein, and has a higher content of certain minerals and antioxidants than modern wheat. It does contain gluten but is often more tolerable for those with sensitivities.

10. ****Barley****: Although commonly used today, barley is considered an ancient grain. It's high in fibre, especially beta-glucan, which is known for its cholesterol-lowering properties.

All of these grains can provide diverse and nutritionally rich diet options and are often used in a variety of dishes, including breads, salads, soups, and side dishes (including our Ancient Grains and Healthy Grains Cereals). Their cultivation also supports agricultural diversity and sustainable farming practices across Canada and worldwide.

Incorporating ancient grains into one's diet can help improve overall health outcomes by providing a nutrient-dense, fibre-rich, antioxidant-packed source of carbohydrates that can support a healthy body and lower the risk of chronic diseases. Try some of our Rogers Foods Ancient Grain Cereals for a healthy and complete breakfast or in your favourite savoury recipe!



**ORIGINAL PORRIDGE
OATS & HEALTHY
GRAINS**



**PORRIDGE OATS &
ANCIENT GRAINS**

Cereal & Oats, Retail Products