



ROGERS FOODS NEWSLETTER

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Recipes of the Month

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Lava Cake

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Let's Celebrate Mother's Day!

🍰✨ Treat the most amazing woman in your life the sweet way this Mother's Day! ✨🍰 To the woman who taught you the power of love, patience, and how to whip up magic in the kitchen - this one's for her. This Mother's Day, let's put on the apron to bake a favourite treat - classic chocolate lava cakes 🍫 with a little twist of love. Each bite is filled with the richness of chocolate and the warmth of gratitude for everything our moms do. 💖 As we dive into these gooey, chocolatey wonders together, let's cherish these moments and create more delicious memories. 🍴👩🍳 Here's to celebrating the sweetest, most loving, and truly remarkable moms out there. You make the world a better place, one dessert at a time! 🌍

🌸 #MothersDay #BakingLove #ChocolateLavaCake
#MomTheChef #SweetestMom



MOM'S FAVOURITE CHOCOLATE MOLTEN LAVA CAKES



Here's a simple, easy and delicious recipe for Chocolate Lava Cakes that are sure to impress! Give it a try this Mother's Day!

Prep Time: 10 min

Bake Time: 12-14 min

Servings: 4

INGREDIENTS

- 1/2 cup (1 stick) unsalted butter
- 4 ounces bittersweet or semisweet chocolate, chopped
- 1 cup powdered sugar
- 2 large eggs
- 2 large egg yolks

- 6 tablespoons **ROGERS FOODS ALL PURPOSE FLOUR**
- 1/2 teaspoon vanilla extract (optional)
- A pinch of salt

DIRECTIONS

1. Preheat your oven to 425°F (220°C). Grease 4 custard cups or ramekins well and place them on a baking sheet.
2. Melt the chocolate and butter: In a medium microwave-safe bowl, combine the chopped chocolate and butter. Microwave for about 1 minute, then stir until smooth. If the chocolate hasn't fully melted, microwave for an additional 15 seconds at a time, stirring in between.
3. Mix the batter: Stir in the powdered sugar until well blended. Add in the whole eggs and egg yolks, and mix until smooth. Gently fold in the flour, vanilla extract (if using), and a pinch of salt until just combined.
4. Divide the batter among the prepared custard cups.
5. Bake for 12-14 minutes, or until the sides are firm but the centers are soft and runny. The timing can vary depending on your oven and the size of your cups, so keep an eye on them.
6. Let cool for 1 minute, then carefully run a knife around the edges of the cakes to loosen them. Invert each cake onto a plate.
7. Serve immediately with a dusting of powdered sugar, a scoop of vanilla ice cream, or fresh berries for an extra special touch.

Tips: - Be careful not to over-bake the cakes, or the centers won't be lava-like. - You can adjust the amount of chocolate to your liking for a more intense chocolate flavor. - These cakes are best enjoyed fresh but can be prepared in advance and stored in the refrigerator. Just bring them to room temperature before baking. Enjoy the ooey-goey center and rich, chocolatey goodness of these lava cakes as a special treat or a sweet way to celebrate!

The type of chocolate you choose can significantly influence the taste and texture of your chocolate lava cakes. Here are some alternatives to bittersweet or semisweet chocolate:

1. ****Milk Chocolate:**** For a sweeter, creamier cake, milk chocolate is a great choice. It melts smoothly and offers a lighter chocolate flavor. Keep in mind that milk chocolate is

sweeter than dark chocolate, so you might want to adjust the amount of sugar in the recipe accordingly.

2. **Dark Chocolate (70-85% cacao):** If you prefer a deep, intense chocolate flavor with less sweetness, opt for dark chocolate. It gives the lava cakes a rich, sophisticated taste. Dark chocolate is also a healthier option due to its higher concentration of cocoa and lower sugar content.

3. **White Chocolate:** For a completely different take on lava cakes, white chocolate can be used. It will give the cakes a sweet, creamy flavor and a beautiful pale colour. Since white chocolate is much sweeter and has a different fat composition, it can affect the texture of the lava cakes, making them richer.

4. **Chocolate Chips:** In a pinch, chocolate chips (semisweet, bittersweet, milk, or dark) can also be used. They're convenient and easy to measure. However, because they're designed to hold their shape, they might not melt as smoothly as chocolate bars, so the texture of your lava cakes might be slightly different.

5. **Cocoa Powder:** For an emergency substitution or a lower-fat option, you can use cocoa powder in combination with butter or oil. However, this won't provide the same melting, gooey center typical of lava cakes but can still result in a delicious, chocolatey dessert.

6. **Specialty Flavoured Chocolates:** You can experiment with chocolate that has added flavors, such as orange, mint, or espresso, to introduce unique notes to your lava cakes. Be mindful of balancing the flavors to avoid overpowering the chocolate essence. Each type of chocolate will bring its own characteristics to the lava cakes, so feel free to experiment and find your favourite combination. Remember to adjust the sweetness of the recipe based on the type of chocolate you choose to ensure a perfectly balanced dessert.

SPINACH, GOAT CHEESE, AND SUN-DRIED TOMATO QUICHE

PREP TIME: 60 minutes
COOK TIME: 45-55 minutes
NUMBER OF SERVINGS: 6-8



For a savoury Mother's Day brunch that's sure to impress, consider making a Spinach, Goat Cheese, and Sun-Dried Tomato Quiche. This delicious and beautifully colourful dish makes it perfect for a special occasion. Here's a simple guide to creating this mouthwatering brunch centrepiece.

INGREDIENTS

Pie Crust Ingredients (makes 1 crust)

1 cup **ROGERS FOODS ALL PURPOSE FLOUR**
1/3 tsp kosher salt
1/4 lb lard
1/4 egg, slightly stirred
1/4 tbsp vinegar
1/4 of ice water

Filling Ingredients

4 large eggs
2/3 cup heavy cream
2/3 cup milk (whole, 2% or favourite dairy alternative)
2 cups fresh spinach, roughly chopped
1/2 cup sun-dried tomatoes, chopped (if oil-packed, drain them first)
1/2 cup goat cheese, crumbled
1/4 cup Parmesan cheese, grated
1 small onion, finely chopped (or 2 shallots)
2 cloves garlic, minced
Salt and pepper, to taste
1 tsp tarragon
A pinch of nutmeg (optional)
Butter or oil, for sautéing

INSTRUCTIONS

Pie Crust:

1. Stir the flour and salt together.
2. Cut in the lard with a pastry blender or 2 knives until the shortening is in pea size pieces.
3. In a measuring cup, combine the egg and vinegar.
4. Add ice to water to egg mixture to make very cold then measure amount needed.
5. Stir the liquid into the flour mixture, adding just enough to make the dough cling together.
6. Stir the water in with a wooden spoon until mixed thoroughly, then gather the dough into a ball, **DO NOT OVER WORK**. Spots of lard are good!
7. Cover and refrigerate for one hour, you can chill overnight, covered, providing you leave it at room temp for 15 mins before rolling.

8. Lightly flour surface and roll into circle, then pat the dough into pie pan, following pie recipes. Be careful not to stretch the dough.

Filling Instructions:

1. Preheat the Oven: Start by preheating your oven to 375°F (190°C).
2. Prepare the Pie Crust: Roll out the pie crust to fit a 9-inch pie pan. Gently press it into the pan and crimp the edges for a decorative touch. You can blind bake the crust for 10 minutes if you prefer a crispier base.
3. Sauté the Vegetables: In a skillet over medium heat, add a bit of butter or oil. Sauté the onion and garlic until translucent and fragrant. Add the spinach and cook until it wilts down. Remove from heat and let it cool slightly.
4. Combine the Eggs and Cream: In a large bowl, whisk together the eggs, heavy cream, and milk until well combined. Season with salt, pepper, and a pinch of nutmeg for added depth.
5. Add the Fillings: Stir in the cooled spinach mixture, sun-dried tomatoes, crumbled goat cheese, and Parmesan cheese into the egg mixture.
6. Assemble the Quiche: Pour the filling into the prepared pie crust. Spread it out evenly and ensure the fillings are well distributed.
7. Bake in the preheated oven for 35 to 45 minutes, or until the quiche is set and the top is golden brown. A knife inserted in the center should come out clean.
8. Cool and Serve: Allow the quiche to cool for at least 10 minutes before slicing. This rest period helps the quiche set and makes it easier to slice.
9. Garnish and Serve: Garnish with a few fresh spinach leaves or extra sun-dried tomatoes for a pop of colour. Serve warm or at room temperature.

This quiche pairs wonderfully with a simple salad or fresh fruit for a balanced, savoury brunch. Enjoy celebrating Mother's Day with this delightful recipe, which is sure to make the occasion even more special!

LEMON RASPBERRY BARS

PREP TIME: 30 minutes
COOK TIME: 46 minutes
NUMBER OF SERVINGS: 9



Today, we are celebrating spring with these Raspberry Lemon Bars. The vibrant layers of tangy lemon and sweet raspberry capture the essence of spring in every bite. They are easy to make and sure to impress!

INGREDIENTS

For the crust:

- 1 cup **ROGERS FOODS ALL PURPOSE FLOUR**
- 1/4 cup granulated sugar
- 1/4 teaspoon salt

- 1/2 cup unsalted butter, cold and cubed

For the filling:

- 1 cup fresh raspberries
- 1 tablespoon **ROGERS FOODS ALL PURPOSE FLOUR**
- 1 1/4 cups granulated sugar
- 4 large eggs
- 2/3 cup lemon juice (from about 3-4 lemons)
- 1/4 cup **ROGERS FOODS ALL PURPOSE FLOUR**
- Zest of 1 lemon
- Powdered sugar for dusting (optional)

INSTRUCTIONS**Preheat your oven and prepare the pan:**

- Preheat your oven to 350°F (175°C). Line an 8x8-inch baking pan with parchment paper, leaving enough overhang on the sides for easy removal later.

Make the crust:

- In a medium bowl, whisk together 1 cup flour, 1/4 cup granulated sugar, and 1/4 teaspoon salt. Add the cold, cubed butter and use a pastry cutter, fork, or your hands to work the butter into the flour mixture until it resembles coarse crumbs.
- Press the mixture firmly into the bottom of the prepared pan. Bake for 18-20 minutes, or until lightly golden.
- Remove from the oven and let cool slightly while you prepare the filling.

Prepare the raspberries:

- In a small bowl, toss the raspberries with 1 tablespoon of flour to coat. This helps to prevent them from sinking during baking.

Make the lemon filling:

- In a large bowl, mix together 1 1/4 cups granulated sugar and 4 eggs until well combined.
- Whisk in 2/3 cup of lemon juice, 1/4 cup of flour, and the lemon zest until the mixture is smooth.
- Gently fold the flour-coated raspberries into the lemon mixture.

Bake:

- Pour the filling over the pre-baked crust. Bake for 22-26 minutes, or until the filling is set.

- Let the bars cool in the pan on a wire rack to room temperature, then chill in the refrigerator for at least 2 hours.
- **Serve:** Lift the bars out of the pan using the parchment paper overhang. Cut into squares and, if desired, dust with powdered sugar before serving. Enjoy your refreshing Raspberry Lemon Bars!



WELLNESS CORNER

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

THE WHOLESOME BENEFITS OF OATS FOR CHILDREN

In recent years, oats have gained considerable popularity as a superfood, and rightfully so. Once overshadowed by more conventional breakfast options, this humble grain has emerged as a nutritional powerhouse, especially beneficial for children.

Its versatility, affordability, and myriad health benefits make oats an ideal food choice for supporting the growth and development of young ones.

One of the primary reasons oats are excellent for children is their high dietary fibre content. Fibre is crucial for maintaining a healthy digestive system, and incorporating oats into a child's diet can prevent constipation—a common problem in children.

The soluble fibre in oats, beta-glucan, not only aids in digestion but also plays a significant role in maintaining healthy cholesterol levels. It acts by forming a gel-like substance in the gut, which binds to cholesterol-rich bile acids and aids in their excretion from the body. This



mechanism helps in lowering bad cholesterol levels (LDL), thereby protecting the heart from early heart disease risks. Moreover, oats are a fantastic source of whole grains, providing essential nutrients such as B vitamins, iron, and magnesium. These nutrients are crucial for energy production and play an important role in the development of a child's brain and bones. Magnesium, for instance, is vital for the proper functioning of the nervous system and helps in muscle relaxation, which can enhance the quality of sleep.

The inclusion of oats in a child's diet is also beneficial due to their low glycemic index (GI). Foods with a low GI release glucose into the bloodstream slowly, providing a steady supply of energy, which helps in maintaining optimal blood sugar levels. This is particularly important for children, as stable blood sugar levels are associated with better concentration and mood stability, which can positively impact their learning and behaviour.

Oats are also incredibly versatile and can be incorporated into various meals, making it easier for parents to enrich their children's diets with this nutritious grain. Whether it's oatmeal for breakfast, oats added to smoothies, or oat-based snacks, children can enjoy the health benefits of oats in numerous ways. This adaptability also allows for the introduction of other healthful ingredients, such as fruits and nuts, further enhancing the nutritional value of the meals. Additionally, the antioxidant compounds found in oats, including avenanthramides, have anti-inflammatory properties that can support a child's immune system. These antioxidants can help combat the effects of free radicals and play a role in preventing chronic diseases.

Beyond the nutritional benefits, introducing oats into a child's diet from an early age can foster healthy eating habits that last a lifetime. Learning to appreciate simple, unprocessed foods like oats over sugary, processed cereals can encourage a preference for healthier food choices, reducing the risk of obesity and related health issues.

Turning oats into a regular part of your child's diet can be fun and creative. Here are several ideas to help make oats more appealing:

- 1. Oat Pancakes or Waffles:** Mix ground oats into your pancake or waffle batter. For extra appeal, serve with fresh fruit toppings, a drizzle of honey, or a sprinkle of cinnamon.
- 2. Oatmeal Breakfast Bars:** Create homemade oatmeal bars with mix-ins like dried fruit, nuts, seeds, and chocolate chips. These are great for breakfast or snacks on the go.
- 3. Oats Pizza Base:** Make a healthier pizza crust using oats as the base ingredient. Top with your child's favourite veggies and cheese for a tasty meal. You can give a quick whirl in your food processor or blender to break the whole oats down a touch.
- 4. Oats Porridge with Fun Toppings:** Let your child customize their oat porridge with various toppings like fruit, yogurt, nut butter, granola, and syrup. Making breakfast fun and interactive can encourage them to eat more.
- 5. Baked Oatmeal Cups:** Similar to muffins, these can be filled with your child's favourite fruits, nuts, and even chocolate chips. They're easy to make in batches and perfect for quick breakfasts.
- 6. Oat-Crusted Chicken or Fish:** Use ground oats mixed with spices as a coating for chicken or fish before baking. It adds a nutritious crunch that kids love.
- 7. Oatmeal Cookies:** There are many healthy oatmeal cookie recipes that reduce sugar and incorporate wholesome ingredients like applesauce, bananas, and flaxseed.
- 8. Savoury Oatmeal:** Introduce a savoury version of oatmeal topped with a fried egg and avocado or mixed with cheese and herbs for a risotto-like dish.

- 9. Oat and Veggie Patties:** Combine oats with mashed beans, vegetables, and spices to form patties. Fry or bake them as a healthier burger patty alternative.

Remember, when possible, the key is to involve your child in the preparation process. It can make them more interested in trying out what they've helped to create. Also, experimenting with different flavours and textures can help you discover which oat-based dishes they prefer!

In the community! Vedder River Clean-up.

In the spirit of giving back, the Rogers Foods' crew and family members jumped on board a river clean-up that was pure gold in our list of community events. We took to Chilliwack Lake Road, covering around 15 kilometers, and got busy working on a nearby open field. We all came together, filling up nearly a whole truckload of trash, and left the place looking and feeling fresh. A massive thanks to everyone who came out and made a difference with us!

