



ROGERS FOODS NEWSLETTER

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Recipes of the Month

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CAKE RECIPE

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CAKE RECIPE

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APPLE SAUCH SNACK
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HEALTHY SNACK IDEAS
FOR FUSSY TEENS GOING
BACK TO SCHOOL

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September is Here!

It's officially September, and we're diving into the flavours of fall with some delicious blog content! 🍁

This month, we're celebrating the tastes of the season with recipes that will warm your heart and delight your taste buds. From the quintessential Peach Cobbler Coffee Cake to the perfect pairing of Applesauce Snack Cake topped with the most luscious Brown Sugar Frosting, we've got you covered.

Don't miss our Tres Leches (Milk) Cake, a creamy and dreamy treat, topped with seasonal strawberries. Perfect for back-to-school season, these recipes are sure to satisfy even the fussiest of teens!

Speaking of school, we've also included some snack ideas that are both nutritious and teen-approved. Because let's face it, finding snacks that they love (and that are also good for them) can be a challenge! Whether they're munching while doing homework or grabbing a quick bite between classes, we've got plenty of tasty options to keep them fuelled and focused.

#SeptemberEats #FallFlavours #PeachCobbler
#CoffeeAndCake #LecheCake #ApplesauceCake
#BackToSchoolSnacks #TeenSnacks
#YummyInMyTummy #FoodBloggers #FallRecipes
#BackToSchoolEats #MadeWithRogers #BakingLove
#HomemadeGoodness

PEACH COBBLER COFFEE CAKE



PREP TIME: 35 MINUTES

BAKE TIME: 1 HOUR 25 MINUTES

TOTAL TIME: APPROX. 2 HOURS

SERVINGS: 20 (1 9X13 INCH CAKE)

INGREDIENTS

For the Topping:

- 1 cup **ROGERS FOODS ALL PURPOSE FLOUR**
- 1 cup finely chopped pecans
- ½ cup white sugar
- ½ cup brown sugar
- 2 teaspoons ground cinnamon

- ¼ teaspoon salt
- ½ cup unsalted butter, cut into pieces and softened

For the Peach Filling:

- 4 peaches, peeled and thinly sliced
- 1 cup brown sugar, divided
- 1 tablespoon cornstarch
- 1 teaspoon ground cinnamon

For the Cake:

- 1 ¾ cups white sugar
- ¾ cup unsalted butter, softened
- 1 tablespoon vanilla extract
- 1 teaspoon salt
- 3 large eggs, at room temperature
- 4 cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 2 ½ teaspoons baking powder
- 1 ¼ cups buttermilk
- ¾ cup sour cream

INSTRUCTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease and line a 9x13-inch baking pan with parchment paper.
2. Prepare the topping: Whisk together flour, pecans, white and brown sugars, cinnamon, and salt in a medium bowl. Add butter pieces and use a fork to work them into the dry mixture, stirring and cutting until combined. Refrigerate topping mixture until needed.
3. Prepare the peach filling: Combine peach slices, 1/2 cup brown sugar, cornstarch, and cinnamon in a medium saucepan; gently toss to combine and coat. Place the pan over medium heat; cook, stirring occasionally, until the sugar dissolves and mixture becomes thick and syrupy, 6 to 8 minutes. Remove from heat and set aside to cool.
4. Prepare the cake: Beat together sugar, butter, vanilla, and salt in the bowl of a stand mixer fitted with a paddle attachment until combined and fluffy, 4 to 5 minutes. Mix in eggs, 1 at a time, beating well after each addition.
5. Combine flour and baking powder in a separate bowl. Whisk together buttermilk and sour cream in another separate bowl.
6. Add the flour mixture to the butter mixture in 3 additions, alternating with the sour cream mixture, beating at a low speed to combine.
7. Pour about 2/3 of the batter into the prepared pan. Sprinkle the remaining 1/2 cup of brown sugar from the filling over the batter; use a silicone spatula to gently smooth into an even layer. Spoon the peach filling evenly over the brown sugar; again, use a silicone spatula to gently smooth into an even layer. Spread the remaining batter over the peach filling. Sprinkle the topping mixture evenly over the cake.
8. Bake cake in the preheated oven until golden brown at the edges and cooked through, 70 to 80 minutes, rotating the pan halfway through baking. (Cover the pan with aluminum foil after the first hour of baking if the topping looks dark enough.) Transfer the pan to a wire rack to cool for at least 30 to 40 minutes before slicing

TRES LECHES CAKE (MILK CAKE)

PREP TIME: 15 minutes

COOK TIME: 30 minutes

NUMBER OF SERVINGS: 16-20 (9X13 CAKE)



INGREDIENTS

- 1 ½ cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 1 teaspoon baking powder
- ½ cup unsalted butter
- 1 cup white sugar
- 5 eggs
- 1 teaspoon vanilla extract
- 2 cups whole milk
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 fluid ounce) can evaporated milk
- 1 ½ cups heavy whipping cream
- 1 cup white sugar
- 1 teaspoon of vanilla extract

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch baking pan.
2. Sift **ROGERS FOODS ALL PURPOSE FLOUR** and baking powder together; set aside.
3. Beat sugar and butter together in a large bowl with an electric mixer until light and fluffy. Add eggs and vanilla; beat well. Add flour mixture, about 1/2 cup at a time, mixing until well blended.
4. Pour batter into the prepared pan.
5. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes. Pierce cake all over with a fork; let cool to room temperature.
6. Mix whole milk, condensed milk, and evaporated milk together in a bowl.
7. Pour the whole milk, condensed milk, and evaporated milk mixture over the top of the cooled cake and allow to soak in. It looks like too much liquid for the cake to absorb, but it does so within an hour.
8. Whip cream, remaining 1 cup of sugar, and 1 teaspoon vanilla in a chilled glass or metal bowl with an electric mixer until thick.
9. Spread over the top of the filling.
10. Keep cake refrigerated until serving. Enjoy! You can also double the recipe and choose to layer your cake. Strawberries are a great addition.

APPLE SAUCE SNACK CAKE WITH BROWN SUGAR FROSTING

PREP TIME: 15 minutes
COOK TIME: 35 minutes
NUMBER OF SERVINGS: 12



CAKE

- Grease and flour 9x13 inch cake pan
- 3 large McIntosh apples (about 1 1/2 lb. total), peeled and chopped (5 cups)
- 1 1/4 cups packed light brown sugar
- 3/4 cup vegetable oil

- 2 tsp. ground ginger
- 1 tsp. ground cinnamon
- 1 tsp. grated lime zest (from 1 lime)
- 1 tsp. vanilla extract
- 2 large eggs
- 2 ½ cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt

FROSTING

- ½ cup unsalted butter
- 1 cup packed light brown sugar
- 2 Tbsp. whole milk
- 3 cups powdered sugar
- ¼ tsp. salt
- 2 Tbsp. hot water
- Chopped toasted pecans, for garnish (optional)

DIRECTIONS

1. Prepare the Cake: Preheat oven to 350°F. Grease a 13- x 9-inch pan and flour. Place apple in a medium-size microwaveable bowl. Cover loosely with plastic wrap; microwave on HIGH until softened, about 4 minutes. Transfer apple and any liquid to a food processor or blender, and puree until smooth, 20 to 30 seconds. Let cool 10 minutes. (You should have 2 cups pureed apple.)
2. Whisk together brown sugar, oil, ginger, cinnamon, lime zest, vanilla, eggs, and pureed apple in a large bowl until combined. Whisk in flour, baking powder, baking soda, and salt just until combined. Spoon batter into prepared pan. Bake in preheated oven until a wooden pick inserted in the center comes out clean, 28 to 32 minutes. Transfer to a wire rack, and let cool completely in pan, about 1 hour.
3. Prepare the Frosting: Melt butter in a medium saucepan over medium. Stir in brown sugar, and bring to boil. Cook, stirring constantly, 2 minutes. Stir in milk, and return to a boil. Remove from heat, and whisk in powdered sugar and salt until smooth and thickened. If mixture is too thick, add hot water until mixture is desired consistency. Spread frosting over cooled cake; garnish with chopped pecans.



with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

SNACK IDEAS FOR FUSSY TEENS GOING BACK TO SCHOOL



Navigating the culinary preferences of teenagers can be as challenging as decoding the latest social media trends. As they head back to school after a summer of flexible schedules and freedom, ensuring they have nutritious and appealing snacks is crucial. Fussy teens, in particular, present a unique challenge, as their preferences can change as swiftly as the wind. This blog aims to provide

thoughtful, creative, and nutritious snack ideas that will not only satisfy their picky palates but also support their growth and energy needs during the upcoming school days.

Understanding Teen Preferences

Teens are at a stage where they are developing their own tastes and culinary autonomy. Their food choices are influenced by peer pressure, media, convenience, and taste above all else. It's essential to strike a balance between what they like and what's good for them. The key is to offer variety and creativity: foods that are visually appealing, tasty, portable, and nutritious.

Savoury Snacks

- 1. Mini Sandwiches and Wraps:** These bite-sized delights are not only easy to pack but also infinitely customizable. Use whole grain bread (check out some of our bread recipes www.RogersFoods.com), wraps, or pita pockets to encase lean protein (such as turkey, chicken, or tofu), leafy greens, and a spread of their liking (hummus, guacamole, or light mayonnaise). Avoid overly moist ingredients that can make the sandwiches soggy by lunch time.
- 2. Vegetable Chips and Dips:** Offer an alternative to traditional potato chips with homemade vegetable chips made from sweet potatoes, zucchini, or kale. Pair these crunchy snacks with various dips like tzatziki, hummus, or a light ranch dressing. This not only satisfies the craving for something salty but also sneaks in some extra veggies.
- 3. Pizza Roll-Ups:** Using whole wheat tortillas, spread a thin layer of marinara sauce, sprinkle some low-fat cheese, and add turkey pepperoni. Roll them up and bake until crispy. These roll-ups are a fun way to enjoy the flavours of pizza in a handy, portable format.
- 4. Cheese and Crackers:** A classic combination that can be jazzed up with whole grain or gluten-free crackers and a variety of cheeses. Add some sliced fruit or nuts to the mix for additional flavors and nutrition. This snack provides a good balance of carbohydrates, protein, and fats.

Sweet Snacks

1. **Fruit Skewers:** Arrange colourful, seasonal fruits on skewers for an appealing, easy-to-eat snack. Consider using berries, melon balls, grapes, and kiwi. Pair with a yogurt dip or a drizzle of honey for a touch of sweetness.

2. **Homemade Muffins:** Create healthier versions of their favourite muffins by incorporating whole grain flours and grains (a great selection available at www.RogersFoods.com) nuts, seeds, and fruits. Blueberry, banana-nut, and oatmeal apple muffins are all great choices. Baking these at home ensures control over sugar content and ingredient quality.

3. **Yogurt Parfaits:** Layer Greek yogurt with one of our delicious Rogers Foods Granolas along with fresh fruits in a portable container. Add a drizzle of honey or a sprinkle of cinnamon for extra flavour. Greek yogurt is high in protein, which helps keep teens full and satisfied.

4. **Smoothie Packs:** Pre-assemble smoothie packs with frozen fruits, spinach, and a splash of juice or almond milk. In the morning, all they need to do is blend it up for a refreshing, nutritious drink that's perfect for a quick breakfast or after-school snack.



Fun and Creative Snacks

1. **DIY Snack Mix:** Combine a mix of Rogers Foods Granola of your choice, pretzels, nuts, dried fruits, and dark chocolate chips. This allows teens to have a personalized snack that they can adjust according to their preferences. It's a great balance of sweetness, crunch, and nutrition.

2. **Bento Boxes:** Use a bento box to

create a variety of small snacks in one container. Include pieces of fruit, cheese cubes, veggie sticks, nuts, and a small treat like a piece of granola and dark chocolate or a few gummy bears. The visual appeal and variety can make eating more interesting and enjoyable.

3. **Edamame Pods:** These young soybeans are not only fun to eat but also packed with protein and fibre. Simply steam them and sprinkle with a little sea salt. They can be enjoyed cold or warm, making them a versatile snack option.

4. **Energy Balls:** These no-bake treats can be made ahead of time and stored in the fridge. Combine Rogers Granola, nut butter, honey, and add-ins like chocolate chips, dried fruit, or chia seeds. They are packed with energy and easy to eat on the go.

Tips for Success

1. **Involve Teens in Snack Prep:** When teens have a hand in preparing their snacks, they're more likely to eat them. Encourage them to help choose ingredients and participate in the cooking process. This not only helps them learn valuable cooking skills but also makes them feel more in control of their food choices. My daughter and I would prepare chicken breasts on Sunday night and she would pre-make tasty salad jars for the week. Salads, couscous, cheeses, nuts and seeds and dressing stored in a separate jar. Giving her the power to choose made all of the difference!

2. **Keep it Portable and Convenient:** Teenagers are always on the go, so snacks must be easy to carry and consume without much fuss. Invest in good-quality containers that are easy to open and ensure that the snacks can be eaten without making a mess.

3. **Focus on Balance:** Aim to include a mix of macronutrients – carbohydrates, protein, and fats – in each snack to keep energy levels steady and hunger at bay. This balance is crucial for sustained concentration and performance throughout the school day.

4. **Offer Variety:** Even the most beloved snacks can become boring if offered too often. Rotate snack options to keep things interesting and prevent snack fatigue.
5. **Stay Positive and Flexible:** Understand that teens' preferences will change over time. What they dislike today, they might love tomorrow. Don't be discouraged by a few snubbed attempts – keep experimenting with different combinations and ideas.
6. **Healthy Indulgence:** Allow room for occasional indulgent snacks. Striking a balance between healthy options and treats can prevent binge eating and promote a more sustainable approach to nutrition.

Feeding fussy teens can feel like navigating a minefield, but with a bit of creativity and understanding, it's possible to provide them with snacks they'll love and that will nourish their growing bodies. By combining taste, nutrition, and convenience, parents and caregivers can help ensure that teens have the energy and focus they need for a successful school year. The key lies in offering variety, engaging teens in the process, and continually adapting to their evolving tastes and preferences.

Here are some quick and easy grab-and-go snacks for school:

1. Fruit: Apples, bananas, grapes, or berries are perfect for a quick, healthy snack.
2. Nuts: Almonds, cashews, or mixed nuts for a protein-packed snack.
3. Granola & Granola Bars: Choose ones with natural ingredients and low sugar.
4. String Cheese: Easy to carry and a good source of calcium and protein.
5. Yogurt: Opt for single-serve yogurts, especially Greek yogurt.
6. Cut Veggies: Baby carrots, celery sticks, or cucumber slices with hummus. I like to fill small mason jars with dip and pack the veggies in the jar..
7. Trail Mix: Mix nuts, seeds, dried fruits, Rogers Granola and a bit of dark chocolate.
8. Rice Cakes: Topped with peanut butter or plain.
9. Hard-Boiled Eggs: Pre-cooked and easy to have on hand.
10. Crackers: Whole grain crackers with cheese or peanut butter.

Mix and match to keep things exciting!