



ROGERS FOODS NEWSLETTER

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Recipes of the Month

BUTTERSCOTCH
CORNFLAKE APPLE CRISP
RECIPE

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BROWN BUTTER CARAMEL
APPLE COOKIES RECIPE

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WITCHES FINGER
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GUT AND BOWEL HEALTH,
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IT'S THANKSGIVING & HALLOWEEN BAKING TIME!

Hello October!

It's that time of the year again – spooky season and sweater weather! Our October newsletter is here, and it's stuffed (like your favourite Thanksgiving turkey) with delicious treats and vital health tips!

First up, we've brewed up some spooktacular Halloween recipes that'll make your gatherings as enchanting as a witch's spell. Our eerie severed finger sugar cookies are perfect for an unforgettable fright night!

But that's not all! As we gear up for Thanksgiving, prepare to dazzle your guests with our mouth-watering dessert recipes.

And because health is as important as flavour, don't miss our blog on the importance of fibre for bowel health! Learn how to keep your gut happy while enjoying all these festive delights.

#OctoberNewsletter #HalloweenRecipes
#ThanksgivingFeast #Spooktacular #DeliciousDishes
#GutHealth #FibreIsKey #HealthyGutHappyLife
#HolidayEats #FallFlavors #FestiveFeasting
#MadeWithRogers

We can't wait to see your creations! Tag us with #MadeWithRogers for a feature. Let's make this October one to remember!

BUTTERSCOTCH CORNFLAKE APPLE CRISP



PREP TIME: 30 MINUTES

BAKE TIME: 1 HOUR 30 MINUTES

TOTAL TIME: APPROX. 2 HOURS

SERVINGS: 4-6

INGREDIENTS

- 3 large crisp red apples (about 3 pounds), peeled and cut into $\frac{3}{4}$ -inch pieces
- $\frac{1}{3}$ cup granulated sugar
- 2 Tbsp. fresh lemon juice

- 1/2 tsp. ground cinnamon
- 1/2 tsp. kosher salt, divided
- 3/4 cup **ROGERS FOODS ALL PURPOSE FLOUR**
- 1/4 cup packed light brown sugar
- 1/2 cup salted butter, cubed, at room temperature
- 1 1/2 cup cornflakes

FOR THE BUTTERSCOTCH SAUCE

- 4 Tbsp. salted butter
- 1/2 cup packed dark brown sugar
- 1/2 cup heavy cream
- 1 tsp. vanilla extract
- Butter pecan ice cream, for serving

DIRECTIONS

1. For the crisp: Preheat the oven to 375°F. Line a rimmed baking sheet with foil. In a large bowl, toss the apples with the granulated sugar, lemon juice, cinnamon, and ¼ teaspoon salt. Scrape the apples and juices into a 2-quart baking dish.
2. In the same bowl, combine the flour, brown sugar, and remaining ¼ teaspoon salt. Add the butter and mash with your fingers until the butter is incorporated and crumbs form. Add the cornflakes and use your hands to fold the cornflakes into the mixture. Squeeze into clumps and sprinkle over the apples in the baking dish.
3. Place the baking dish on the prepared baking sheet and bake until the crisp is golden and bubbling, 55 to 60 minutes. (Cover loosely with foil for the last 15 minutes if the top is getting too brown.) Let cool about 10 minutes.
4. Meanwhile, make the butterscotch sauce: In a small saucepan, melt the butter over medium heat. Add the brown sugar, heavy cream, and vanilla and stir to combine. Bring to a boil and cook until thickened, about 5 minutes. Remove from the heat and let cool about 10 minutes.
5. Drizzle the apple crisp with some of the butterscotch sauce. Serve with ice cream and the remaining sauce.

We found this recipe from one of our favourite celebrity chefs, Reese of The Pioneer Woman and it's an absolute winner. We hope you enjoy! <https://www.thepioneerwoman.com/food-cooking/recipes/a45231490/butterscotch-cornflake-apple-crisp-recipe/>

BROWN BUTTER, CARAMEL APPLE COOKIES



PREP TIME: 20 minutes
COOK TIME: 45 minutes
NUMBER OF SERVINGS: 24

INGREDIENTS

FOR THE COOKIES

- 3/4 cup unsalted butter (1 1/2 sticks)

- 1/2 cup dark brown sugar
- 1/4 cup granulated sugar
- 1 large egg
- 1 tsp. vanilla
- 2 cup **ROGERS FOODS ALL PURPOSE FLOUR**
- 1/4 tsp. baking soda
- 1/2 tsp. kosher salt
- 1 tsp. apple pie spice
- 3/4 cup **ROGERS FOODS LARGE FLAKE OATS**
- 1 Granny Smith apple, grated (about 1/2 cup)
- 1/2 cup chopped apple chips

FOR THE CARAMEL ICING

- 1 1/2 cup powdered sugar
- 2 Tbsp. apple cider or juice
- 3 Tbsp. caramel sauce
- 1/2 cup apple chips, chopped

DIRECTIONS

- Preheat the oven to 350°.
- Brown the butter by melting it over medium heat in a medium saucepan, then let it cook and bubble for an additional 3 to 5 minutes or until the foam and butter underneath is golden brown. Transfer it to a large, heatproof mixing bowl and swirl a few times to help stop the browning. Let it cool to room temperature, about 30 minutes.
- Meanwhile, whisk together the flour, baking soda, salt, and apple pie spice in a medium bowl; set aside.
- Add the brown and granulated sugars to the mixing bowl with the browned butter and beat with an electric mixer on medium speed for about 1 minute until creamy. Add the egg and vanilla, and mix on low just until combined.

- Add the dry ingredients to the butter mixture and mix until combined. Mix in the oats and grated apple. Fold in the apple chips with a rubber spatula.
- Scoop the dough into balls, about 1 1/2 tablespoons in size, onto two parchment lined baking sheets and press gently with the bottom of a glass. Bake for 10 to 12 minutes, or until the edges are golden brown. Cool for 5 minutes on the sheet tray, before transferring to a wire cooling rack to cool completely.
- For the caramel icing: Whisk together the powdered sugar, apple juice, and caramel sauce. Using a spoon, drizzle the cookies generously with the icing and top with the chopped apple chips. Allow the glaze to set before serving, about 1 hour (at room temperature).
- Store in an airtight container at room temperature for up to 3 days.

WITCHES' FINGER HALLOWEEN SUGAR COOKIES



PREP TIME: 15 minutes

COOK TIME: 35 minutes

NUMBER OF SERVINGS: 12

INGREDIENTS

- 2 tablespoons red food colouring
- 30 blanched almonds
- 2 large eggs
- 1/4 teaspoon vanilla extract
- 1/2 cup butter, at room temperature
- 1/2 cup confectioner's sugar

- 5 tablespoons granulated sugar
- 1 pinch salt
- 1 $\frac{2}{3}$ cups **ROGERS FOODS ALL PURPOSE FLOUR**

DIRECTIONS

1. Heat oven to 350°. Line two baking sheets with parchment paper, and set aside.
2. Place food colouring in a shallow bowl. crack each whole almond into halves. and toss them into the bowl with the food colouring and stir them until the colour is evenly distributed. leave them in the bowl and stir them every so often until the colour is as dark as you like.
3. Separate 1 egg. Set aside the white. In a small bowl, whisk together yolk, remaining egg, and vanilla. Set aside.
4. In the bowl of an electric mixer fitted with the paddle attachment, combine butter, confectioners' sugar, granulated sugar, and salt. Beat on medium speed until well combined. Add egg mixture, and beat until smooth, about 2 minutes. Add the flour, and mix on low speed just until incorporated. Wrap the dough in plastic, and chill until firm, 20 to 30 minutes.
5. Divide the dough in half. Work with one piece at a time, keeping remaining dough covered with plastic wrap and chilled. Divide the first half into fifteen pieces. On a lightly floured surface, roll each piece back and forth with palms into finger shapes, 3 to 4 inches long. Pinch dough in two places to form knuckles. Score each knuckle lightly with the back of a small knife. Transfer fingers to prepared baking sheets. Repeat with remaining dough.
6. When all fingers are formed, brush lightly with egg white. Position almond nails; push into dough to attach.
7. Bake until lightly browned, about 12 minutes. Cool completely.
8. Note: To make the knuckles more creepy just shape them big and uneven. To keep them from puffing out too much roll the fingers extra skinny (skinnier than you want them to look if that makes sense). Also try to get them out of the oven before they brown.



with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

GUT AND BOWEL HEALTH, WHAT YOU NEED TO KNOW



The Importance of Fibre for Bowel Health

Maintaining bowel health is crucial for overall well-being, yet it is often overlooked in discussions about health and nutrition. One of the cornerstone elements for fostering optimal bowel function and promoting a healthy digestive system is dietary fibre. This blog explores the importance of fibre for bowel health, explaining the different types of fibre, their functions, benefits, and practical ways to integrate more fibre into your diet.

Types of Fibre

Dietary fibre refers to the indigestible parts of plant foods that travel through our digestive system virtually intact. There are two primary types of dietary fibre: soluble and insoluble. Both types are vital for health, albeit in different ways.

1. **Soluble Fibre:** This type of fibre dissolves in water to form a gel-like substance. It can help lower blood glucose levels and cholesterol. Soluble fibre is found in oats, beans, lentils, apples, and citrus fruits.

2. **Insoluble Fibre:** This type does not dissolve in water. It adds bulk to the stool and aids in food passing more quickly through the stomach and intestines. Insoluble fibre can be found in whole grains, nuts, vegetables, and wheat bran.

Functions and Mechanisms

Fibre facilitates several essential processes in the digestive system:

1. **Preventing Constipation:**

Insoluble fibre adds bulk to the stool, which helps food pass more rapidly through the intestines. This can prevent constipation and promote regular bowel movements.

2. **Improving Gut Microbiota:**

Soluble fibre acts as a prebiotic, providing nourishment for beneficial gut bacteria. A healthy gut microbiome is crucial for efficient digestion, immune function, and even mental health.





3. **Regulating Blood Sugar Levels:**

Soluble fibre slows the absorption of sugar, helping to maintain steady blood sugar levels. This is particularly advantageous for individuals with diabetes or those at risk of developing the condition.

4. **Lowering Cholesterol Levels:**

Soluble fibre binds to cholesterol particles and prevents their absorption into the bloodstream, in-turn reducing overall blood cholesterol levels.

5. **Preventing Bowel Diseases:**

A high-fibre diet has been linked to a

lower risk of developing various bowel diseases, including hemorrhoids, diverticulitis, and colorectal cancer. The bulkier stool passes more easily through the intestines, reducing the strain on the bowel walls.

Scientific Evidence

Research consistently demonstrates the positive impact of fibre on bowel health. A comprehensive review published in the journal *Lancet* examined data from multiple studies and found that individuals with a higher intake of dietary fibre had significantly lower risks of developing colorectal cancer and cardiovascular diseases. Another study published in the *American Journal of Clinical Nutrition* highlighted that increased dietary fibre intake was associated with a lower risk of diverticular disease.

A high-fibre diet has been shown to alleviate symptoms in patients suffering from irritable bowel syndrome (IBS). The gel-forming properties of soluble fibre, in particular, can help regulate bowel movements and reduce discomfort associated with IBS.

Practical Recommendations

Given the numerous benefits of dietary fibre, it is essential to ensure adequate intake. The recommended daily intake of dietary fibre is approximately 25 grams for women and 38 grams for men, according to the Institute of Medicine. However, many people fall short of these recommendations. Here are some practical ways to increase fibre intake:



1. **Incorporate Whole**

Grains: Choose whole-grain products over refined grains. Foods like whole wheat bread, brown rice, quinoa, and oats are excellent sources of fibre.

2. Include Legumes: Beans, lentils, and chickpeas are high in fibre and can be easily added to salads, soups, and stews.

3. **Prioritize Fruits and**

Vegetables: Aim to fill half of your plate with fruits and vegetables. Include high-fibre options like berries, apples, carrots, and broccoli.

4. Snack on Nuts and Seeds: Almonds, chia seeds, and flaxseeds are not only rich in fibre but also in other essential nutrients.

5. Read Nutrition Labels: When grocery shopping, check the nutrition labels to find products that are higher in dietary fibre.

6. **Stay Hydrated:** Fibre works best when it absorbs water, so drink plenty of fluids to facilitate its beneficial effects in the digestive tract.

Challenges and Considerations

Increasing fibre intake can come with challenges. Too rapid an increase can cause bloating, gas, and abdominal discomfort. It's best to gradually increase fibre intake over several weeks and ensure adequate hydration to mitigate these negative side effects.

Individuals with specific health conditions, such as Crohn's disease or ulcerative colitis, may need to adjust their fibre intake differently. Consulting with a healthcare provider or a dietitian can provide personalized recommendations suited to your specific health needs.

Remember, not all fibres are created equal, and some fibre supplements may not provide the same health benefits as naturally occurring fibres. Eating a variety of whole foods is generally the best approach to ensure a balanced intake of the different types of fibre and their associated benefits.

Fibre is an indispensable element of a healthy diet, playing a crucial role in maintaining and promoting bowel health. By understanding the types of fibre and their specific functions, we can better appreciate how integral fibre is to digestive health and overall well-being. The benefits of a high-fibre diet extend beyond preventing constipation and include reducing the risk of several chronic diseases, improving gut microbiota, and regulating blood sugar and cholesterol levels.

Integrating more fibre into the diet is a great step that can yield significant health benefits. By adopting small, practical changes such as choosing whole grains, incorporating legumes, and prioritizing fruits and vegetables, you can significantly enhance your fibre intake and, consequently, your bowel health. As with any dietary change, it is vital to consider individual health conditions and consult with healthcare professionals when necessary. In essence, prioritizing fibre is a pivotal step towards achieving enduring digestive health and overall wellness!



🍊🦃🍂 **Get Ready to Bake & Win!** 🍂🦃🍊

Attention all baking enthusiasts! Keep an eye out for our fabulous Thanksgiving and spooktacular Halloween baking contests. Whether you're a master baker or a kitchen novice, this is your chance to showcase your baking skills and win some frightfully delightful prizes!

Stay tuned for more details on our social media pages and get those mixers ready. This is going to be one sweet competition!

Tag a friend who should enter! 🦃🦃
🦃🦃 ✨ Let the baking begin! ✨