



ROGERS FOODS NEWSLETTER

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Recipes of the Month

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CAKE RECIPE

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THE RELATIONSHIP
BETWEEN ALZHEIMER'S
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FALL BAKING WITH APPLES!

*Hello November!** 🍫🍏

Our latest newsletter is here, and it's packed with cozy delights and insightful reads! This month, we're bringing warmth and deliciousness right to your kitchen with yummy recipes and intriguing health insights.

🍰 Hazelnut Chocolate Cake: Dive into a layer of rich, nutty goodness with this irresistible recipe. Perfect for your next gathering or a sweet treat for yourself!

🍩 Baked Apple Cider Donuts: These autumnal favourites are bursting with spiced apple flavour and are a breeze to make. Ideal for snuggling up with on chilly mornings!

🍏 Air Fryer Apple Fritters: Crispy on the outside, tender on the inside, these fritters are a modern twist on a classic treat — all thanks to the magic of the air fryer!

🧠 Blog Insight: Dive deeper into the possible connection behind Alzheimer's and dietary fibre. Discover the potential connections and learn how a nutrient-rich diet could play a role in brain health.

#NovemberNews #CozyEats #BrainHealth
#RecipeInspiration #BakingLove #StayInformed
#HealthyEating

📸: Share your baking creations and let us know your thoughts on the blog. We can't wait to hear from you!
#MADEWITHROGERS

HAZELNUT CHOCOLATE CAKE



PREP TIME: 15 MINUTES

BAKE TIME: 40 MINUTES

TOTAL TIME: APPROX. 55 MINUTES

SERVINGS: 10

INGREDIENTS

Dry Ingredients

- 100 gr **ROGERS FOODS** All Purpose Flour
- 80 gr Hazelnut Meal - or hazelnut flour (see note 1).
- 60 gr Unsweetened Cocoa Powder - sifted
- 1 1/2 teaspoon Baking Powder
- 1/2 teaspoon Baking Soda
- 1 pinch Fine Table Salt

Wet Ingredients

- 3 large Eggs - at room temperature
- 150 gr Light Brown Sugar
- 120 gr Unsalted Butter - melted, cool
- 240 ml Natural / Plain Yogurt

Optional Toppings

- 50 gr Skinned Hazelnuts - roughly chopped
- 50 gr Dark Chocolate Chunks - or chocolate chips

DIRECTIONS

- Preheat your oven on 180 degrees Celsius / 350 degrees Fahrenheit. Line the bottom of a 22 cm / 8-inch Springform Pan with a sheet of baking paper or parchment paper. Lightly grease the sides of the pan with neutral oil.
- In a medium bowl, mix all your dry ingredients: plain / all-purpose flour, hazelnut meal, sifted cocoa powder, baking powder, baking soda and salt. Set aside.
- In a separate large mixing bowl, whisk the eggs and brown sugar for 3 to 4 minutes or until the mixture has slightly thickened, increased in volume and looks bubbly.
- Whisk in the cool melted butter then the yogurt.
- Add the pre-mixed dry ingredients (pre-sifted if needed) and gently stir until fully combined. Stop as soon as you can't see any dry ingredients; you should get a slightly thick batter (see note 2).
- Pour the cake batter into the prepared pan and gently spread it into an even layer. Optionally, generously top the cake with the roughly chopped hazelnuts and chocolate chunks.
- Bake for 40 to 45 minutes or until a toothpick inserted into the cake comes out clean. Place the cake pan on a cooling rack and leave to cool down completely before removing from the pan.

Notes

1. To make your own hazelnut meal: roast the blanched hazelnuts in the oven (180°C / 350°F) for 8 to 10 minutes then once cooled down, grind in a food processor until you get a rough powder. I personally like to keep the flour slightly coarse for an added crunch.
2. The cake batter may appear a bit lumpy - but the small lumps are usually just larger chunks of hazelnut meal.

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.abakingjourney.com/easy-chocolate-hazelnut-cake/>

BAKED APPLE CIDER DONUTS



PREP TIME: 45 minutes

COOK TIME: 10 minutes

NUMBER OF SERVINGS: 12-14

Ingredients

- 1 and 1/2 cups (360ml) apple cider
- 2 cups (250g) ROGERS FOODS ALL PURPOSE FLOUR
- 1 teaspoon baking soda
- 3/4 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon apple pie spice*
- 1/4 teaspoon salt
- 2 Tablespoons (28g) unsalted butter, melted
- 1 large egg, at room temperature
- 1/2 cup (100g) packed light or dark brown sugar
- 1/2 cup (100g) granulated sugar
- 1/2 cup (120ml) milk, at room temperature*
- 1 teaspoon pure vanilla extract

Topping

- 1 cup (200g) granulated sugar
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon apple pie spice*
- 6 Tablespoons (85g) unsalted butter, melted

Instructions

1. Reduce the apple cider: Stirring occasionally, simmer the apple cider in a small saucepan over low heat until you're left with about 1/2 cup. Start checking at 10 minutes, 15 minutes, 20 minutes, etc until you have 1/2 cup (120ml). Takes about 20 minutes. If there are any spices or solids on top of your reduced apple cider, leave them. Set aside to cool for 10 minutes.
2. Preheat oven to 350°F (177°C). Spray donut pan (or muffin tin, see below) with non-stick spray. Set aside.
3. Make the donuts: Whisk the flour, baking soda, baking powder, cinnamon, apple pie spice, and salt together in a large bowl. Set aside.
4. Whisk the melted butter, egg, brown sugar, granulated sugar, milk, and vanilla extract together. Pour into the dry ingredients, add the reduced apple cider, and whisk everything together until smooth and combined. Batter will be slightly thick.
5. Spoon the batter into the donut cavities—for ease, use a large zipped-top bag. Cut a corner off the bottom of the bag and pipe the batter into each donut cup, filling about halfway.
6. Bake for 10-11 minutes or until the edges and tops are lightly browned. To test, poke your finger into the top of the donut. If the donut bounces back, they're done. Cool donuts for 2 minutes then transfer to a wire rack. Re-grease the pan and bake the remaining donut batter.
7. Coat the donuts: Combine the granulated sugar, cinnamon, and apple pie spice together in a medium bowl. Once cool enough to handle, dunk both sides of each donut in the melted butter, then generously in the apple spice topping.
8. Donuts are best served immediately. Leftovers keep well covered tightly at room temperature for up to 2 days or in the refrigerator for up to 5 days.

Notes

1. Make Ahead Instructions: You can freeze the donuts, coated or not coated in the toppings, for up to 2 months. Thaw overnight in the refrigerator and warm up to your liking in the microwave.
2. Milk: Buttermilk is best, plant-based milk (dairy or nondairy) works pretty well. For a denser crumb, you can use 1/2 cup plain yogurt or sour cream instead.
3. No Donut Pan? Make donut muffins in your standard 12 cup muffin pan. Grease your pan or use muffin liners, fill each 3/4 full, then bake at 350°F (177°C) for about 18-20 minutes or until a toothpick inserted into the center comes out clean. Makes about 10-12 apple cider donut muffins.

Thanks for the recipe! <https://sallysbakingaddiction.com/baked-apple-cider-donuts/>

AIR FRYER APPLE FRITTERS



PREP TIME: 10 minutes
COOK TIME: 8 minutes
NUMBER OF SERVINGS: 12

INGREDIENTS

- 1-1/2 cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1-1/2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 2/3 cup 2% milk
- 2 large eggs, room temperature
- 1 tablespoon lemon juice
- 1-1/2 teaspoons vanilla extract, divided
- 2 medium Honey-crisp apples, peeled and chopped
- Cooking spray

BROWNEB BUTTER GLAZE:

- 1/4 cup butter
- 1 cup confectioners' sugar
- 1 tablespoon 2% milk

DIRECTIONS

- Preheat air fryer to 410°. In a large bowl, combine flour, sugar, baking powder, cinnamon and salt. Add milk, eggs, lemon juice and 1 teaspoon vanilla extract; stir just until moistened. Fold in apples.
- Line air-fryer basket with parchment (cut to fit); spritz with cooking spray. In batches, drop dough by 1/4 cupfuls 2 in. apart onto parchment. Spritz with cooking spray. Cook until golden brown, 5-6 minutes. Turn fritters; continue to air-fry until golden brown, 1-2 minutes.
- Melt butter in small saucepan over medium-high heat. Carefully cook until butter starts to brown and foam, about 5 minutes. Remove from heat; cool slightly. Add confectioners' sugar, 1 tablespoon milk and remaining 1/2 teaspoon vanilla extract to browned butter; whisk until smooth. Drizzle over fritters before serving.



with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

THE POTENTIAL RELATIONSHIP BETWEEN ALZHEIMER'S DISEASE AND DIETARY FIBRE INTAKE

Alzheimer's disease, a chronic neurodegenerative disorder, is mostly associated with memory loss and cognitive decline. Affecting millions worldwide, Alzheimer's not only burdens individuals but also strains healthcare systems. While the exact causal mechanisms remain elusive, recent studies suggest dietary habits, particularly fibre intake, may influence the disease's onset and progression. Therefore, exploring the correlation between Alzheimer's disease and insufficient dietary fibre could provide insights for preventive health strategies.



Understanding Alzheimer's Disease

Alzheimer's disease constitutes a significant portion of dementia cases globally. Typically manifesting in individuals over 65, its symptoms range from mild memory lapses to complete dependency. Although aging remains a primary risk factor,

genetics, lifestyle, and environmental factors also play critical roles. Key pathological features include amyloid-beta plaques and tau tangles, which disrupt neuron function, leading to cell death and brain atrophy.

The Importance of Dietary Fibre

Dietary fibre, though primarily recognized for supporting digestive health, has broader health implications. Derived from plant-based foods, it can be soluble or insoluble, with humans requiring approximately 25-38 grams daily. Fibre supports gut health by promoting regular bowel movements and feeding beneficial gut bacteria. Furthermore, it aids in regulating blood sugar levels, reducing cholesterol, and supporting weight management.

Linking Fibre to Brain Health

Emerging research underscores the gut-brain axis, a complex biochemical signalling pathway linking the gastrointestinal tract and the central nervous system. A healthy gut microbiome, significantly influenced by fibre intake, plays a crucial role in maintaining brain health. Gut bacteria produce short-chain fatty acids (SCFAs) when fermenting fibre, which possesses anti-inflammatory properties beneficial to cognitive function.

1. Inflammation and Cognitive Decline

Chronic inflammation is associated with several neurodegenerative diseases, including Alzheimer's. A fibre-rich diet may reduce systemic inflammation via SCFAs, whose anti-inflammatory properties help modulate the immune response. Reduced inflammation could potentially slow cognitive decline, as inflammation exacerbates the formation of Alzheimer's pathology.

2. Regulation of Blood Sugar Levels

Fibre helps stabilize blood sugar levels by slowing glucose absorption, which is critical since hyperglycaemia can damage blood vessels and neurons, increasing Alzheimer's risk. Additionally, research indicates that insulin resistance and type 2 diabetes are risk factors for Alzheimer's, suggesting that managing blood sugar through fibre intake could mitigate such risks.

3. Cholesterol Management

Elevated cholesterol levels, particularly low-density lipoprotein (LDL), are linked to an increased risk of Alzheimer's. Fibre binds to cholesterol particles in the digestive system, promoting their excretion and thus lowering blood cholesterol levels. This mechanism may protect against the vascular damage contributing to Alzheimer's pathogenesis.

4. Obesity and Brain Function

Obesity, a risk factor for Alzheimer's, may reduce blood flow to the brain, accelerating cognitive decline. Dietary fibre supports weight management by promoting satiety and reducing overall calorie intake. A balanced weight could thus indirectly lower the risk of developing Alzheimer's.

5. Empirical Evidence

Several epidemiological studies highlight a potential protective role of dietary fibre against cognitive decline. One such study reported that higher fibre intake was associated with a reduced risk of cognitive impairment in older adults. Another similar study indicated that participants with a fibre-rich diet had lower levels of circulating markers of inflammation and oxidative stress, both contributors to neurodegeneration.

Experimental studies in animal models also support these findings. Fibre supplementation in rodents not only improved gut microbiota composition but also enhanced memory and learning capabilities, suggesting similar benefits could extend to humans.

6. Challenges and Considerations

While existing research presents promising links, it is crucial to approach these findings with caution. Most current studies are observational and cannot definitively establish causation. Moreover, individual differences in metabolism and genetic predispositions complicate the direct application of results. It is important for future research to include randomized controlled trials to establish a clearer cause-and-effect relationship.

Our modern diet, often high in processed foods and low in fibre, presents a challenge. Educating the public on better nutritional choices and making fibre-rich foods more accessible could serve as preventive measures against Alzheimer's.



The potential relationship between dietary fibre intake and Alzheimer's disease underscores the broader significance of diet in neurological health. While further research is necessary to conclusively determine the causative links, existing evidence suggests that increasing dietary fibre could serve as an effective strategy to mitigate Alzheimer's risk factors. Public health initiatives should emphasize the importance of adequate fibre consumption as part of a holistic approach to preventing cognitive decline and promoting brain health. In addressing the complexities of Alzheimer's, dietary interventions could offer a simple yet powerful tool in our preventive arsenal.