



ROGERS FOODS NEWSLETTER

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Recipes of the Month

LOUKOUMADES - GREEK
DONUT RECIPE

[CLICK HERE](#)

KALE MUSHROOM AND
LEEK SAVOURY BREAD
PUDDING RECIPE

[CLICK HERE](#)

OAT BRAN MORNING
GLORY MUFFIN RECIPE

[CLICK HERE](#)

BEATING THE POST-
HOLIDAY BLUES WITH
NOURISHING FOODS

[CLICK HERE](#)

CHRISTMAS BAKING CONTEST
WINNERS ANNOUNCED
WINNING ONE OF THREE
CEBORY MIXERS

Hello 2025!!


🌟 New Year, New Flavours! 🌱🍩

Kickstart your January with a delightful culinary journey in our latest newsletter! This month, we're bringing together a fusion of flavours to warm your soul and brighten your mornings. Dive into our special features:

Greek Donut-holes— Loukoumades: Sweet, light, and irresistibly fluffy, these treats are perfect for a post-holiday treat.

🥬🍄 Kale Mushroom & Leek Savoury Bread Pudding: Elevate your brunch game with this nutritious and hearty bread pudding that'll leave you feeling satisfied and nourished. Easy and delicious.

Oat Bran Morning Glory Muffins: Start your day with these wholesome muffins packed with nutrients to fuel your mornings. Great way to incorporate bran!

 **ARTICLE SPOTLIGHT:** As we transition into the New Year, many of us feel the post-holiday blues. Our latest article by our Holistic Nutritionist, Tammy-Lynn, dives into the world of 'nourishing foods' that boost your mood and energize your body. Learn to beat the blues with mindful eating and feel your best this January!

Congratulations to our December baking winners who entered using a Rogers Foods product to win a new Cebory Mixer!

🌟 Happy New Year, and cheers to a delicious 2025! 🎉

#NewYearNewYou #JanuaryEats #SavoryBread #MorningGloryMuffins
#NourishToFlourish #BeatTheBlues #HealthyEating #MindfulEating
#PostHolidayBlues #FoodieNewsletter

LOUKOUMADES

PREP TIME: 45 MINUTES
TOTAL TIME: 1.45 HOURS
SERVINGS: 8-10



Loukoumades are little fluffy, sweet honey balls deep-fried to golden and crispy perfection, celebrating a Greek tradition.

INGREDIENTS

- 1 cup warm water (110°F)
- 4 1/2 teaspoons active dry yeast
- 1/3 cup, plus 1 teaspoon granulated sugar, divided
- 1/2 cup warm whole milk
- 1/4 cup olive oil
- 3/4 teaspoon kosher salt

- 4 cups **ROGERS FOODS ALL PURPOSE FLOUR**
- Canola oil
- Cooking spray
- 6 tablespoons (3 ounces) salted butter
- 1/2 cup honey
- 1/4 teaspoon ground cinnamon
- 1/4 cup chopped walnuts

DIRECTIONS

1. In a small bowl, stir the warm water, yeast, and 1 teaspoon of sugar. Let the mixture sit until foaming, about 5 minutes.
2. Whisk together the yeast mixture, milk, olive oil, salt, and 1/3 cup sugar in a large bowl. Add the **ROGERS FOOD ALL PURPOSE FLOUR** and stir until smooth and no lumps are present. Cover the bowl with a kitchen towel or plastic wrap, and let it stand in a warm area of your kitchen until the dough has doubled in size, about 1 hour.
3. Pour the oil into a large pot 2 inches deep. Heat the oil over medium-high until it reaches 330°F. Line a baking sheet with paper towels.
4. Scoop balls of dough and carefully drop them into the oil. (Alternatively, form 1 tbsp of dough into a ball shape before dropping into oil). Fry until golden brown, 3 to 4 minutes total, flipping during frying. Remove using a slotted spoon, and place on the paper towel-lined baking sheet.
5. While the loukoumades cook, melt the butter in a small saucepan over medium heat. Add the honey and cinnamon and stir to combine. Remove from heat, and add a pinch of salt to taste.
6. Place half of the loukoumades in a large bowl and toss with half of the honey mixture. Transfer to a large plate, and repeat the process with the remaining loukoumades and honey mixture. Serve immediately and sprinkle with chopped walnuts.

KALE MUSHROOM & LEEK SAVOURY BREAD PUDDING

PREP TIME: 60 min

COOK TIME: 45-55 min

REST TIME: 5 min

NUMBER OF SERVINGS: 6



INGREDIENTS

- 2 tablespoons vegetable oil, coconut or olive oil
- 8 cups (810 grams) Kale de-stemmed and rough chopped into bite-size pieces
- 2 1/2 cups (210 grams) Leeks split, cleaned, sliced thin into 1/2 moons (about 1 large leek)
- 12 ounces (340 grams) Crimini Mushrooms
- 6 cups (295 grams) Sourdough Bread cut into bite-sized cubes

- 3 tablespoons **ROGERS FOODS ALL PURPOSE FLOUR**
- 2 1/4 cups (240 grams) Gruyere cheese, grated
- 1 cup (100 grams) Parmesan cheese, grated
- 2 tablespoons Chives, thinly sliced
- 1 teaspoon Fresh Thyme, chopped
- 6 Large Eggs
- 2 cups (520 grams) Whole Milk
- 1 1/2 tablespoons Dijon Mustard
- 1 teaspoon Sea Salt, divided
- 1 teaspoon Nutmeg
- 1/2 teaspoon Ground Black Pepper

DIRECTIONS

- Prepare a 9"x13" (22cm x 33cm) baking dish with pan spray.

Prepare the Filling:

- Blanch kale - boil a medium-sized sauce pot in 1/2 water. Set up an ice bath. Place the kale in the boiling water and cook for 1 minute. Remove the kale and place it in the ice bath to cool. Strain and squeeze out excess water as much as possible. Transfer to a large mixing bowl.
- Heat 1 Tbs oil in a frying pan. Add the leeks and 1/4 tsp salt. Cook on medium-low for about ten minutes, stirring occasionally, until soft and brown. Place the cooked leeks in the bowl with the kale.
- Clean and remove the mushrooms' stems, then thinly slice all parts of the mushrooms. Add 1 Tbsp oil to the same sauté pan, heat, and add the mushrooms. Cook on medium-low for about 5 minutes, then add the mushrooms to the mixing bowl.
- Reserve 1 cup (60g) of bread cubes and a few handfuls of cheese and set aside. Add the remaining bread, chives, thyme and cheese to the kale and leek mixing bowl. Mix thoroughly.

For the Custard:

- Whisk the eggs. Add the milk, flour, mustard, remaining salt, nutmeg, and pepper. Whisk until all ingredients are incorporated.

To Assemble:

- Pour the egg mixture into the large bowl with the leeks, kale, and bread. Stir until all the ingredients are evenly mixed. Press the mixture firmly into the pan using the back of a spatula. Sprinkle the remaining bread and lightly press it into the mixture (press only halfway in to allow the top bits to toast when baking). Top with the cheese.

Hold or Bake:

- Cover and refrigerate overnight OR let the bread pudding rest for at least 30 minutes before baking so it has time to soak up the egg mixture. Bake uncovered at 350F (180C) on the center rack for about 45-55 minutes, rotating the pan halfway through. The bread pudding is done when the top is golden and the centre is cooked.
- Rest for five minutes, then serve warm.

OAT BRAN MORNING GLORY MUFFINS



PREP TIME: 15 min

COOK TIME: 20-23 min

REST TIME: 5 min

NUMBER OF SERVINGS: 12

- 1 ½ cups (180g) **ROGERS FOODS OAT BRAN**
- ½ cup (120g) plain nonfat Greek yogurt
- ½ cup (120mL) nonfat milk (or milk alternative)
- 1 ½ tsp vanilla extract
- 1 cup (120g) **ROGERS FOODS WHOLE GRAIN WHOLE WHEAT FLOUR**
- 2 tsp baking powder
- 1 ½ tsp ground cinnamon

- ½ tsp salt
- 2 tbsp (28g) unsalted butter, melted and cooled slightly
- 2 large egg whites, room temperature
- ¼ cup (60mL) molasses, room temperature
- ¼ cup (60mL) pure maple syrup, room temperature (honey or agave can be used in place of maple syrup if preferred)
- 1 ½ cups (160g) freshly grated carrots
- ¾ cup (94g) diced apple (green or red)
- ¼ cup (40g) raisins
- ¼ cup (40g) finely diced walnuts
- ¼ cup (40g) shredded coconut

DIRECTIONS

- Preheat the oven to 350°F, and lightly coat 12 muffin pan with nonstick spray.
- In a medium bowl, stir together the oat bran, Greek yogurt, milk, and vanilla. Let the mixture rest for 10 minutes while preparing the remaining ingredients.
- Whisk together the flour, baking powder, cinnamon, and salt in a separate bowl. In a third bowl, whisk together the coconut oil and egg whites. Stir in the molasses and maple syrup. Add the oat bran mixture, stirring until fully incorporated. Add the flour mixture, mixing only until incorporated. Fold in the carrots, apples, raisins, walnuts, and coconut.
- Divide the batter between the prepared muffin cups. Bake at 350°F for 20-23 minutes or until the tops feel firm to the touch - test center for doneness. Cool the muffin for 5 minutes before transferring to a wire rack.

Note: You can use wheat bran for the oat bran. Rogers Foods All Purpose flour may be substituted for whole wheat flour.



WELLNESS CORNER

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

BEATING THE POST-HOLIDAY BLUES WITH NOURISHING FOODS

Post-holiday blues, often felt in January, are the feelings of sadness, lethargy, or general unease that can follow the festive season. After weeks of celebrations, social gatherings, and indulgence, many people experience a downturn in mood as they return to routine. Several factors can influence this, such as the end of the holiday excitement, shorter daylight hours in winter, and financial pressures from holiday spending.

The impact on mental health is significant, often manifesting as feelings of sadness, loneliness, or stress. Physically, it can lead to fatigue, changes in appetite, or difficulty sleeping. This combination can lower motivation, affect concentration, and decrease overall well-being.

Focusing on self-care and lifestyle adjustments is essential to combating these feelings. Interestingly, nutrition plays a key role in influencing mood and energy levels. Certain foods are known to help alleviate sadness and lethargy.



Nutrients Influencing Brain Chemistry

1. **Omega-3 Fatty Acids:** In fatty fish like salmon and mackerel, walnuts and flaxseeds, omega-3s are known for their role in brain health and can help improve mood. (Rogers Foods has three products containing flaxseed! [Rogers Ancient Grain Blend Porridge Oats](#), [RogersHealth Grain Blend Porridge Oats](#) and [Rogers Steel Cut Oat Blend Porridge Oats](#)). Omega-3 Fatty Acids are vital for brain health. They support neurotransmission and can help alleviate symptoms of depression and anxiety.



2. **Healthy Carbohydrates:** Foods like whole grains, fruits, and vegetables can help boost serotonin levels, the "feel-good" hormone, naturally lifting your mood.

Carbohydrate-rich meals help increase tryptophan transport into the brain, boosting serotonin production. Complex carbs raise serotonin levels, providing a calming effect. Complex Carbohydrates include whole grains (quinoa, oats, whole grain barley, whole rye, whole wheat, buckwheat, amaranth, rice, brown rice, bulgur, millet, and corn, to name a few), sweet potatoes, and legumes. (our cereals contain many whole grain ingredients - [Rogers Ancient Grain Blend Porridge Oats](#), [RogersHealth Grain Blend Porridge Oats](#) and [Rogers Steel Cut Oat Blend Porridge Oats](#))

3. **Dark Chocolate:** In moderation, dark chocolate can stimulate endorphin production, enhancing feelings of pleasure and boosting mood.

4. **Berries:** Rich in antioxidants and vitamins, berries can help lower inflammation in the brain, potentially improving mood and cognitive function.
5. **Bananas:** High in vitamin B6, bananas can help the body produce serotonin, reducing symptoms of depression.
6. **Turmeric:** This spice contains curcumin, which may help boost serotonin and dopamine, two brain chemicals that help regulate mood.
7. **Greek Yogurt and Fermented Foods:** Probiotics in these foods can improve gut health, linked to mood and mental health through the gut-brain axis. Fermented foods like yogurt, kefir, and sauerkraut can enhance gut flora, potentially improving mood.
8. **Nuts and Seeds:** Rich in magnesium, nuts and seeds can help reduce anxiety and boost brain function.

Incorporating these foods into your diet, along with regular physical activity and sufficient sleep, can help mitigate the post-holiday blues and support mental and physical health. Additionally, maintaining a balanced routine and finding time for activities that bring you joy and relaxation can enhance your well-being during this transitional period.

The Science Behind Mood and Food

Diet and mood are closely linked because nutrients affect brain chemistry, particularly neurotransmitters like serotonin and dopamine. These chemicals play crucial roles in regulating mood, emotion, and behaviour.

Serotonin

Serotonin is primarily associated with feelings of well-being and happiness. It regulates mood, anxiety, and sleep. Salmon, poultry, eggs, seeds, milk and nuts naturally boost serotonin.

Tryptophan

An essential amino acid, tryptophan, is a precursor to serotonin. Foods high in tryptophan, such as turkey, chicken, bananas, nuts, cheese, and eggs, can influence serotonin levels.

Dopamine

Dopamine is involved in reward, motivation, and pleasure. It affects how we perceive pleasure and reinforces behaviours necessary for survival. Eat a diet that's high in magnesium and tyrosine-rich foods. These are the building blocks of dopamine production. Tyrosine is an amino acid. It's absorbed in your body and then goes to your brain, where it's converted into dopamine. Foods known to increase dopamine include chicken, almonds, apples, avocados, bananas, beets, chocolate, green leafy vegetables, green tea, lima beans, oatmeal, oranges, peas, sesame and pumpkin seeds, tomatoes, turmeric, watermelon and wheat germ.

Tyrosine

Tyrosine is an amino acid that acts as a precursor to dopamine. Protein-rich foods like meat, dairy, nuts, and soy can enhance dopamine production.

Antioxidants

Foods rich in antioxidants, such as berries, citrus fruits, green leafy vegetables, broccoli and green tea, can protect dopamine-producing neurons from damage. Antioxidants help combat oxidative stress and inflammation, contributing to improved mood.

Nutrients Influencing Brain Chemistry

B Vitamins: Especially B6, B9 (folate), and B12 are crucial for neurotransmitter synthesis. Vitamin B supports brain function and energy levels, reducing fatigue and irritability. Eating more leafy greens, beans, seeds, and animal proteins (lean meats and eggs) are good sources.

Magnesium: This mineral supports serotonin production and can help reduce stress. It's found in leafy greens, nuts, and seeds.

Zinc: Found in shellfish, legumes, and seeds, zinc is linked with neurotransmitter activity and mood stabilization.

Vitamin D: Enhances mood and has been linked to reduced depression rates.

Sources: Fortified foods, mushrooms, sun exposure (consider vitamin D supplements or light therapy boxes).

Magnesium: Dark chocolate, spinach, almonds. Benefits: Relaxes the nervous system and aids in stress reduction.

Hydration and Mental Health

Water is essential for many bodily functions, such as protecting organs, regulating body temperature, and maintaining cellular electrolyte balance. Hydration's role in everyday life and athletic performance is well understood, but did you know hydration and mental health are linked, too? Research has linked hydration status with several mental conditions and functions, such as depression, anxiety, mental acuity (also known as mental "sharpness"), memory and attention. For instance, a study of more than 3,000 Iranian adults observed an association between drinking water and depression. Researchers found that men and women who consumed the least amount of water (less than two glasses per day) were at significantly higher risk for depression than those who drank five glasses or more per day. In addition, those with the most significant water intake had lower incidences of depression.

Incorporating these foods into your diet, engaging in regular physical activity, staying hydrated, and getting sufficient sleep can help mitigate the post-holiday blues and support mental and physical health.

Additionally, maintaining a balanced routine and finding time for activities that bring joy and relaxation can enhance well-being during this transitional period. Happy New Year everyone!

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CHRISTMAS BAKING CHALLENGE WINNERS

A holly jolly congratulations to [@akathenan](#) - [@e.j.egert](#) and [@marionmade](#) for their winning entries into our December contests. You are the shining stars of our ROGERS FOODS® HOLIDAY BAKING CONTEST!

