ROGERS FOODS NEWSLETTER

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Recipes of the Month

WHITE CHOCOLATE BLUEBERRY BAKED PROTEIN OATS RECIPE

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TOMATO BURRATA GALETTE RECIPE

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LEMON RASPBERRY CINNAMON ROLL RECIPE

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THE HEALTH BENEFITS OF EATING BERRIES: A NUTRITIONAL POWERHOUSE FOR OPTIMAL WELL-BEING

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FRESH FLAVOURS, NOURISHING INGREDIENTS – SUMMER RECIPES YOU'LL LOVE!

This season, we're celebrating wholesome goodness and vibrant ingredients in every bite! Explore our latest recipes made with Rogers Foods' premium flours and grains—including a stunning Tomato Burrata Galette with Homemade Rogers Dough, zesty-sweet Lemon Raspberry Cinnamon Rolls, and protein-packed White Chocolate Blueberry Baked Oats.

🍅🍋🫐 Whether you're planning weekend brunch or looking for new meal prep favourites, these creations bring together the best of taste and nutrition.

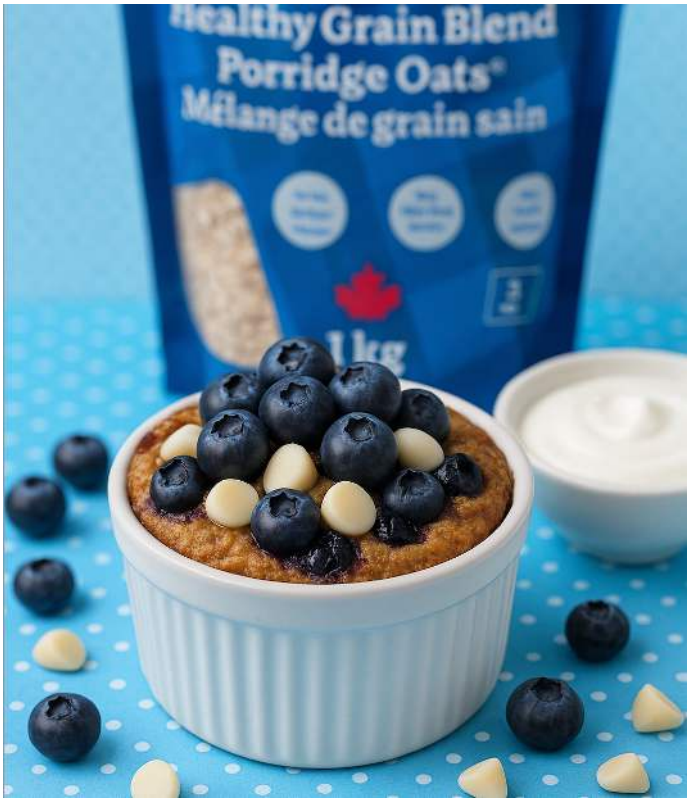
Plus, don't miss our latest wellness feature by Tammy-Lynn McNabb, RHNP:

👉 **The Health Benefits of Eating Berries – A Nutritional Powerhouse for Optimal Well-Being**

Fuel your body, feed your soul—#MadeWithRogers 🍓🌾

#BurrataRecipe #Blueberrybakedoats #lemonraspberrybaking #healthbenefitsberries #RogersFoods #MadeWithRogers #SunSmartFoods #EatWellFeelWell #CanadianClassics #BakingWithLove #TrueNorthTreats #ElbowsUp

WHITE CHOCOLATE BLUEBERRY BAKED PROTEIN OATS



Nutritious, satisfying, and ready in 30 minutes, this baked protein oats recipe swaps in Rogers oats and sweet blueberries for a cozy, high-protein breakfast that tastes like dessert.

Prep: 5 mins
Bake: 25 mins
Total: 30 mins
Servings: 2

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Ingredients

- 1 cup Rogers Porridge Oats & Healthy Grains (or Rogers Large Flake Oats)
- 2 Tbsp vanilla protein powder
- 1 tsp baking powder

- 1 pinch salt
- ½ Tbsp brown sugar (or maple syrup, honey, or sweetener of choice)
- 1 large egg
- ½ cup unsweetened vanilla almond milk (or milk of choice)
- ½ cup vanilla low-fat Greek yogurt (or non-fat)
- 2 Tbsp white chocolate chips (or chopped white chocolate)
- 1 handful fresh blueberries (plus more for topping)

Instructions

1. Preheat your oven to 355°F (180°C).
2. In a blender, add:
   - Rogers oats
   - Protein powder
   - Baking powder
   - Salt
   - Brown sugar or sweetener
   - Egg
   - Milk
   - Greek yogurt
3. Blend for about 30–45 seconds, just until smooth. Let it sit for a few minutes to thicken slightly.
4. Gently stir in most of the white chocolate chips and half of the blueberries using a spatula.
5. Lightly grease two ramekins and place them on a baking sheet.
6. Pour the batter into the ramekins, then top with the remaining white chocolate and blueberries.
7. Bake for 23–28 minutes, or until the center is set and a toothpick comes out clean or with moist crumbs.
8. Let cool slightly before adding toppings like more yogurt, nut butter, extra berries, or chopped nuts.

TOMATO BURRATA GALETTE WITH HOMEMADE ROGERS DOUGH

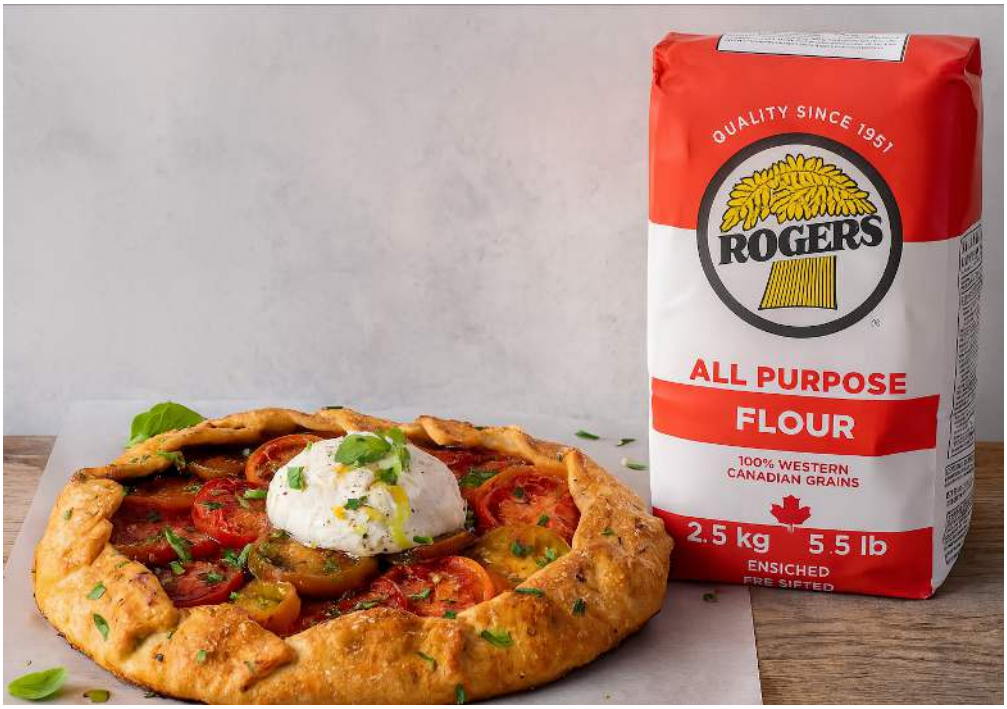
Enjoy this summer-perfect savoury galette featuring a flaky, homemade crust made with Rogers flour. It's layered with basil pesto, juicy heirloom tomatoes, creamy burrata, and topped with fresh basil and balsamic glaze.

Prep Time: 35 minutes

Cook Time: 40–45 minutes

Total Time: 1 hour 15 minutes

Servings: 6



INGREDIENTS

For the Dough:

•1 1/4 cups Rogers All Purpose Flour (or No Additive Unbleached All Purpose Flour)

•1/2 tsp salt

•1/2 cup cold unsalted butter, cubed

•3–4 Tbsp ice water

For the Filling:

•1/4 cup basil pesto sauce

•1 1/2 lbs heirloom tomatoes (about 2 large), thinly sliced
•½ tsp salt (for tomatoes)
•¼ tsp ground black pepper
•¼ tsp garlic powder
•1 large egg, whisked (for egg wash)
•1 burrata cheese ball
•3 Tbsp fresh basil, chopped
•Balsamic glaze, for drizzling

Classic Basil Pesto:

- 2 cups fresh basil leaves (packed)
- ½ cup freshly grated Parmesan cheese
- ½ cup extra virgin olive oil
- ⅓ cup pine nuts (can substitute with walnuts)
- 2–3 garlic cloves (peeled)
- Salt and freshly ground black pepper (to taste)
- Juice of ½ a lemon (for brightness and to help preserve colour)

INSTRUCTIONS:

1. Make the Dough:

- In a bowl, whisk together Rogers flour and salt.
- Cut in cold butter using a pastry cutter or your fingers until mixture resembles coarse crumbs.
- Add ice water, one tablespoon at a time, mixing gently just until dough comes together.
- Form into a disk, wrap in plastic, and refrigerate for at least 30 minutes.

2. Prepare the Tomatoes:

- Line a baking sheet or cutting board with paper towels.
- Arrange tomato slices in a single layer and sprinkle with salt. Let sit 15–20 minutes to draw out moisture.

2. Prepare the Pesto:

- Toast the nuts (optional): In a dry skillet over medium heat, toast the pine nuts for 2–3 minutes, stirring frequently until golden. Let cool.
- Blend the base: In a food processor, combine basil, toasted pine nuts, and garlic. Pulse a few times until coarsely chopped.

- Add cheese and oil: Add Parmesan and pulse a few more times. Then, while the processor is running, slowly drizzle in the olive oil until the mixture is smooth.
- A Season: Add salt, pepper, and lemon juice (if using) to taste. Pulse again to combine.
- Serve or store: Use immediately or transfer to an airtight container. Pour a thin layer of olive oil on top to keep it fresh and green. Refrigerate for up to 1 week or freeze for up to 3 months.

4. Assemble the Galette:

- Preheat oven to 400°F. Line a baking sheet with parchment paper.
- On a floured surface, roll out chilled dough into a 12-inch circle, about 1/8 inch thick. Transfer to prepared sheet.
- Spread pesto over the center of the dough, leaving a 1½-inch border.
- Pat tomatoes dry and arrange over pesto in a slight overlap.
- Sprinkle with pepper and garlic powder.
- Fold dough edges inward, pleating as needed. Brush crust with egg wash.

4. Bake:

- Bake for 40–45 minutes or until crust is golden and crisp. Cool for 10 minutes.

5. Finish and Serve:

- Tear burrata over the galette.
- Sprinkle with basil and drizzle with balsamic glaze (or olive oil, hot honey, or more pesto).
- Slice and enjoy warm or at room temperature.

LEMON RASPBERRY CINNAMON ROLLS

Soft, fluffy rolls filled with lemon sugar and raspberries, topped with creamy white chocolate frosting. This version uses Rogers All Purpose Flour or Rogers No Additive All Purpose Flour for a perfect homemade dough.

PREP TIME: 30 min
COOK TIME: 30min
INACTIVE TIME: 1.5 hours
TOTAL TIME: 2 hrs 30 min
NUMBER OF SERVINGS: 12

INGREDIENTS

For the Dough:

- 2 packets (14g total) active dry yeast
- 1/2 cup warm water (110–115°F)
- 4 3/4 cups **Rogers Foods All Purpose Flour (or No Additive All Purpose Flour)**
- 1/2 cup granulated sugar
- 1/2 tsp fine sea salt
- 1/4 tsp ground cinnamon
- 1/4 tsp ground cardamom (optional)
- 1 cup whole milk, warmed
- 10 Tbsp unsalted butter, melted
- 2 Tbsp finely grated lemon zest
- 2 large eggs, room temperature
- 2 pints fresh raspberries (plus more for garnish)

Lemon Sugar Filling:

- 1/2 cup granulated sugar
- 1/4 cup light brown sugar
- 2 Tbsp lemon zest
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom (optional)
- 1/4 tsp sea salt
- 1/2 cup unsalted butter, softened

White Chocolate Lemon Frosting:

- 3/4 cup unsalted butter, room temperature

- 2 cups confectioners' sugar (sifted)
- 1/4 tsp salt
- 2 Tbsp freshly squeezed lemon juice
- 4 oz high-quality white chocolate (bar, not chips), melted and cooled

INSTRUCTIONS:

1. Make the Dough:

1. Grease a 9x13-inch pan and set aside.
2. In a small bowl, sprinkle yeast over warm water and let sit for 10 minutes.
3. In a stand mixer bowl, whisk together Rogers flour, granulated sugar, salt, cinnamon, and cardamom.
4. In another bowl, mix milk, melted butter, lemon zest, and eggs.
5. Add wet ingredients and yeast mixture to dry ingredients. Stir to form a shaggy dough.
6. Knead with a dough hook (or by hand) for 8–10 minutes until dough is smooth and elastic.
7. Cover and let rise for 1 hour or until doubled.

2. Make the Filling:

1. In a bowl, combine both sugars, lemon zest, cinnamon, cardamom, and salt.
2. Set aside the softened butter.

3. Assemble & Bake:

1. Lightly flour a surface with Rogers flour. Roll dough into a 12x18-inch rectangle.
2. Spread softened butter over dough, leaving a ¼-inch border.
3. Sprinkle evenly with lemon sugar mixture and raspberries.
4. Roll tightly from the long edge into a log. Slice into 12 pieces using floss or a knife.
5. Place rolls in the pan. Cover and let rise 30 minutes.
6. Preheat oven to 350°F.
7. Bake for 28–30 minutes until golden brown and cooked through. Let cool slightly.

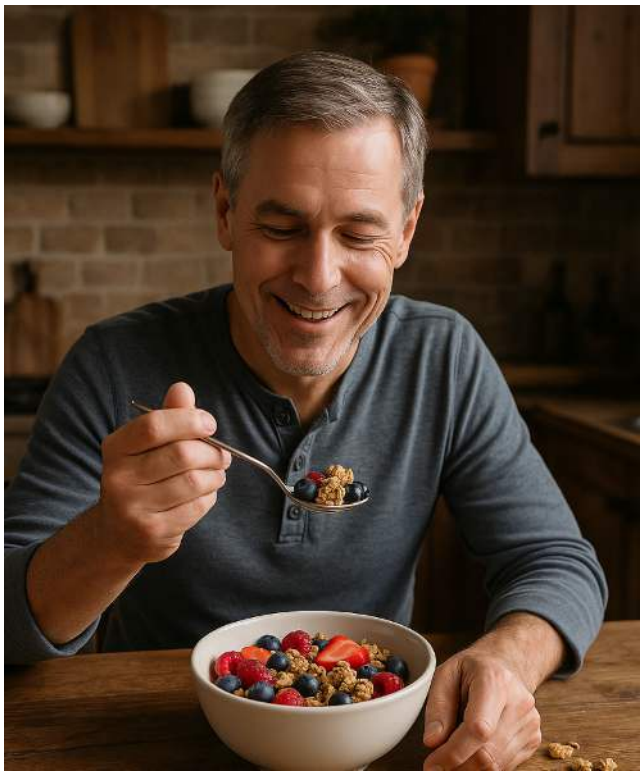
4. Make the Frosting:

1. Beat butter until smooth. Add confectioners' sugar gradually.
2. Mix in salt and lemon juice.
3. Stir in melted white chocolate. Beat until light and fluffy.
4. Spread over warm rolls. Garnish with fresh raspberries

WELLNESS CORNER

- with Rogers Foods Registered Holistic Nutritionist Tammy-Lynn McNabb, RHNP

HEALTH BENEFITS OF EATING BERRIES: A NUTRITIONAL POWERHOUSE FOR OPTIMAL WELL-BEING



At Rogers Foods, berries are frequently featured in recipes because they naturally complement the flavour, texture, and nutritional benefits of whole grain products like oats, bran, and wheat germ. The vibrant sweetness of berries pairs beautifully with the hearty, nutty profile of oats, making them ideal companions in dishes such as muffins, granola, smoothies, and breakfast bowls. From a health perspective, combining berries with oats creates a synergistic effect—oats provide beta-glucan fibre that supports heart health and stabilizes blood sugar, while berries contribute antioxidants and vitamin C. Together, they form a nutrient-rich, satisfying combination that supports digestive health, energy levels, and long-term wellness, which is why Rogers Foods proudly highlights this duo in many of its wholesome Canadian recipes.

Berries are among the most nutrient-dense fruits available, prized for their vibrant colours, sweet-tart flavours, and, most importantly, their rich profile of vitamins, minerals, fibre, and antioxidants. From blueberries and strawberries to raspberries, blackberries, and cranberries, berries are not only delicious but also potent allies in promoting health and preventing disease. Their widespread consumption across cultures and cuisines makes them one of the most accessible superfoods available today.

Scientific research continues to uncover the multitude of health benefits linked to regular berry consumption, including improved cardiovascular health, better cognitive function, reduced risk of certain cancers, enhanced immune function, and support for weight management. This blog explores the compelling body of evidence that supports the role of berries in a healthy diet, explaining their nutritional components and highlighting how they contribute to long-term wellness and disease prevention.

Nutritional Profile of Berries

Berries are rich in essential nutrients while being low in calories. Most contain high levels of vitamin C, vitamin K, manganese, and dietary fibre. A single cup of strawberries, for instance, provides over 100% of the daily recommended intake for vitamin C, a vital nutrient for immune health, skin integrity, and collagen synthesis.

One of the most notable features of berries is their abundance of phytochemicals, particularly polyphenols, which include flavonoids, anthocyanins, and tannins. These compounds are powerful antioxidants that help reduce oxidative stress, a contributing factor to chronic diseases and ageing.

KEY NUTRIENTS IN COMMON BERRIES

- Blueberries: Rich in anthocyanins, vitamin K, and fibre.
- Strawberries: High in vitamin C, folate, and potassium.
- Raspberries: Contain ellagic acid and quercetin and are high in fibre.
- Blackberries: Packed with manganese, vitamin C, fibre and antioxidant compounds.
- Cranberries: Best known for their proanthocyanidins that help prevent urinary tract infections.

Antioxidant and Anti-inflammatory Properties

The oxidative damage caused by free radicals contributes to the development of many chronic diseases, including cancer, cardiovascular disease, and neurodegenerative disorders. Berries counteract this process with their rich antioxidant content.

Anthocyanins, the pigments that give berries their rich red, blue, and purple hues, are particularly effective at neutralizing free radicals. These compounds also possess anti-inflammatory properties, helping to modulate inflammatory pathways that underlie many diseases, including arthritis, diabetes, and atherosclerosis.

SUPPORTING RESEARCH

A study published in the Journal of Agricultural and Food Chemistry demonstrated that berries like blueberries, blackberries, and raspberries ranked among the highest in antioxidant capacity compared to other fruits and vegetables. Further, clinical studies have shown that regular consumption of berries can lower markers of oxidative stress in the body, particularly in populations at risk for metabolic and cardiovascular diseases.

Cardiovascular Health

Berries have been extensively studied for their role in promoting heart health. Their high polyphenol content helps improve several cardiovascular markers, including blood pressure, cholesterol levels, and vascular function.

BLOOD PRESSURE AND VASCULAR FUNCTION

Anthocyanins in berries help to relax blood vessels, reduce arterial stiffness, and enhance endothelial function —all of which contribute to lower blood pressure. For instance, a study in The American Journal of Clinical Nutrition found that participants who consumed high levels of anthocyanin-rich foods had an 8% reduced risk of developing hypertension.

CHOLESTEROL MANAGEMENT

Berries, particularly blueberries and strawberries, have been found to reduce LDL (“bad”) cholesterol levels while preserving or increasing HDL (“good”) cholesterol. The soluble fibre in berries also aids in cholesterol control by binding to cholesterol in the digestive system and removing it from the body.

Blood Sugar Regulation and Diabetes Prevention

Despite their sweet flavour, berries have a low glycemic index, meaning they do not cause sharp spikes in blood sugar levels. This makes them ideal for individuals managing diabetes or insulin resistance.

MECHANISMS OF ACTION

Berries improve insulin sensitivity, reduce glucose absorption, and modulate enzymes involved in carbohydrate digestion. The fibre content slows down the digestion of sugar, leading to more stable postprandial (after-meal) glucose levels.

In a 2013 study published in the British Journal of Nutrition, overweight individuals who consumed a berry smoothie daily showed improved insulin sensitivity after just six weeks. Other research has shown that berries may also help reduce HbA1c levels—a long-term marker of blood sugar control—in people with type 2 diabetes.

Gut Health and Digestive Benefits

The fibre in berries—both soluble and insoluble—supports healthy digestion by promoting bowel regularity and nurturing beneficial gut bacteria. Soluble fibre feeds the gut microbiota, helping produce short-chain fatty acids (SCFAs)like butyrate, which have anti-inflammatory effects on the gut lining.

PROBIOTIC AND PREBIOTIC EFFECTS

Certain berries also possess prebiotic properties, meaning they support the growth of good bacteria in the gut. For example, compounds in blueberries and cranberries have been found to stimulate the growth of Bifidobacteria, a beneficial group of microbes linked to improved digestion and immune function.

A healthy gut microbiome has systemic implications, influencing everything from mental health and weight regulation to immune response and chronic disease risk.

Cognitive and Mental Health

Emerging research highlights the role of berries in supporting brain health and cognitive function, especially as people age. Antioxidants in berries cross the blood-brain barrier and accumulate in brain regions involved in learning and memory, such as the hippocampus.

NEUROPROTECTIVE EFFECTS

Berries help reduce oxidative stress and inflammation in the brain, enhance neuronal signalling, and promote the formation of new neurons. In a groundbreaking study by the Harvard Nurses’ Health Study, older women who consumed two or more servings of strawberries or blueberries per week experienced delayed cognitive ageing by up to 2.5 years.

Additionally, flavonoids in berries have been associated with a lower risk of developing neurodegenerative diseases like Alzheimer's and Parkinson's disease.

Cancer Prevention

The potent antioxidant and anti-inflammatory properties of berries contribute to their cancer-fighting potential. Specific compounds such as ellagic acid, resveratrol, and quercetin have been shown to inhibit tumour growth, prevent DNA damage, and trigger apoptosis (programmed cell death) in abnormal cells.

SPECIFIC FINDINGS

- Black raspberries have been studied for their role in preventing esophageal and colon cancers.
- Strawberries and blueberries may reduce the risk of breast and prostate cancer by blocking specific pathways that promote tumour development.
- Cranberries contain unique proanthocyanidins that may help inhibit the growth of gastric and urinary tract cancers.

Though berries are not a standalone cure, their inclusion in an overall anti-inflammatory diet may significantly reduce cancer risk over time.

Immune System Support

Vitamin C is essential for immune health, and berries are an excellent source. Beyond this, the polyphenols in berries help modulate the immune response, enhancing the body's ability to fight off pathogens while reducing chronic inflammation.

Some studies suggest that berry extracts can increase the activity of natural killer (NK) cells—a critical part of the body's first line of defence against infections and cancer cells. Regular consumption of berries has also been linked to shorter duration and severity of colds and respiratory diseases.

Skin Health and Anti-Ageing

The antioxidant properties of berries extend to the skin, helping to prevent damage from ultraviolet (UV) radiation, pollution, and oxidative stress—all of which contribute to premature ageing.

Vitamin C in berries supports collagen production, leading to firmer, more elastic skin. Meanwhile, the ellagic acid in strawberries and raspberries has been shown to protect skin cells from UV damage and may help prevent wrinkles and hyperpigmentation.

Topical and dietary use of berries may enhance skin appearance and reduce signs of ageing, making them a popular component in natural skincare regimens.

Weight Management

Berries can play a meaningful role in weight management and obesity prevention. They are low in calories, high in fibre, and satisfy sweet cravings without contributing to blood sugar spikes.

APPETITE REGULATION

The fibre and polyphenols in berries help increase feelings of satiety, reduce hunger hormones like ghrelin, and lower energy intake at subsequent meals. In a study published in Appetite, participants who consumed berries as a snack ate significantly fewer calories later compared to those who consumed other carbohydrate-based snacks.

In addition, berries may reduce fat accumulation, particularly in the abdominal area, by modulating lipid metabolism and inflammation.

Practical Tips for Including More Berries in the Diet

Incorporating berries into the diet can be easy, affordable, and enjoyable. Here are a few suggestions:

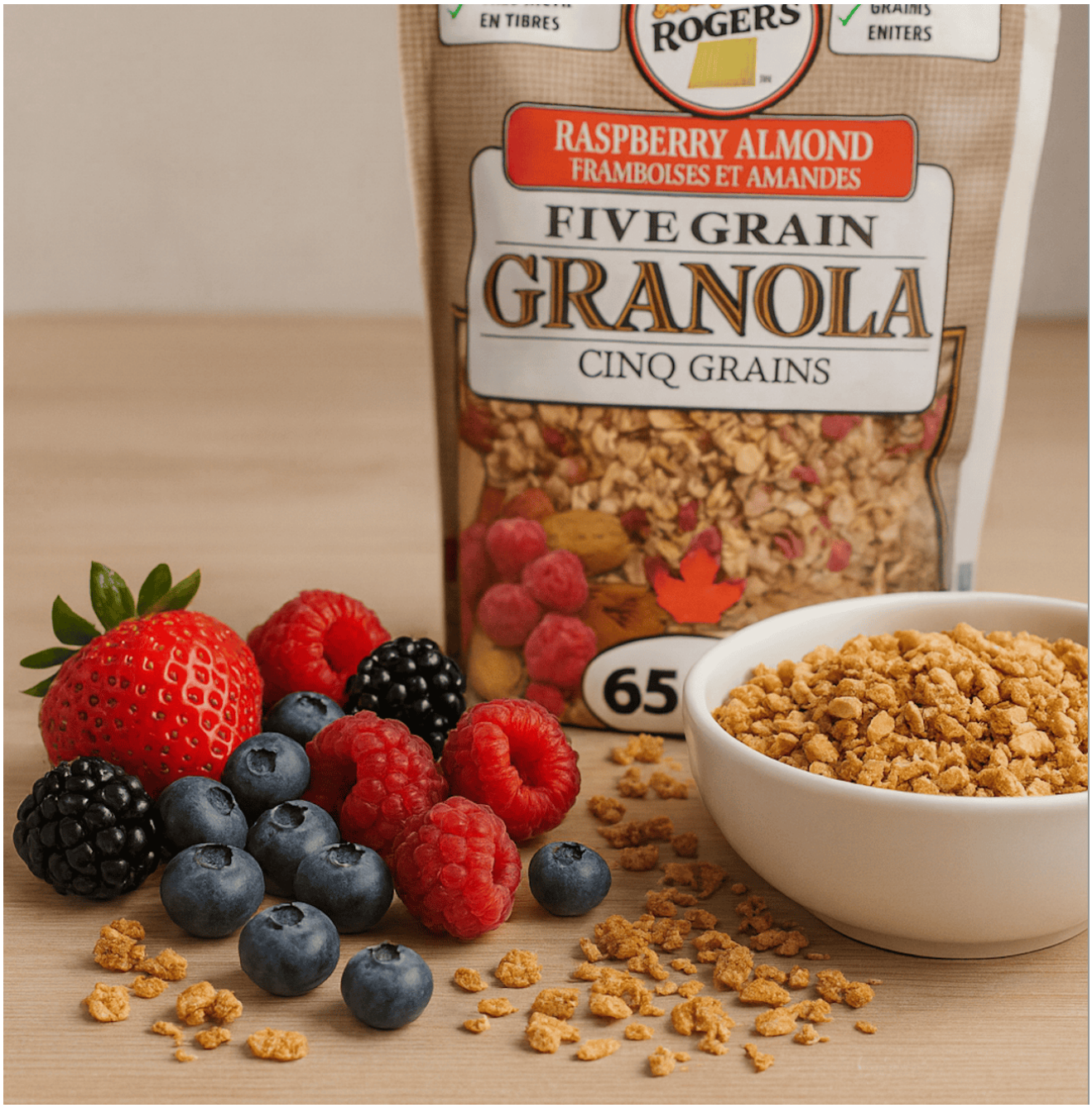
- Add fresh or frozen berries to smoothies, yogurt, or oatmeal.
- Snack on a bowl of mixed berries with a handful of nuts.
- Use berries as a topping for salads or whole-grain dishes.
- Incorporate berries into baking, such as muffins, pancakes, and energy bars.
- Choose unsweetened dried berries for an on-the-go option.
- Drink 100% berry juice in moderation or steep dried berries into herbal teas.

Frozen berries retain most of their nutritional value and are often more economical and available year-round, making them a great choice for daily consumption.

What It Means For You.

Berries are a true nutritional powerhouse—rich in essential nutrients, antioxidants, and bioactive compounds that collectively support nearly every aspect of health. From protecting the heart and brain to fighting inflammation, boosting immunity, and aiding weight control, the health benefits of berries are both broad and well-supported by science.

In an age where chronic diseases are on the rise and dietary patterns increasingly affect public health, berries offer a simple yet powerful intervention. Their inclusion in a balanced diet can serve as a preventive measure against a wide array of conditions, while also promoting vitality, longevity, and overall well-being. For these reasons, making berries a staple in one’s diet is not only delicious but also one of the smartest health choices anyone can make.



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