



# ROGERS FOODS NEWSLETTER

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## Recipes of the Month

FUDGY LAYERED IRISH MOCHA BROWNIES RECIPE

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CARROT CAKE WITH CREAM CHEESE FROSTING RECIPE

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## 2026 - HAPPY NEW YEAR

As the season settles in, there's nothing quite like the comfort of home baking. This month, we're serving up a mix of indulgent treats, timeless classics, and wholesome favourites, all made better with Rogers Foods ingredients you trust.

On the menu this month:

**Fudgy Layered Irish Mocha Brownies** Rich, indulgent, and layered to perfection, the ultimate brownie for sharing (or not).

**Carrot Cake with Cream Cheese Frosting** A timeless favourite, done right. Moist, perfectly spiced, and finished with a classic cream cheese frosting.

**Classic Skillet Pizookie** Warm, gooey, and baked right in the skillet, made for cozy nights in and served best fresh from the oven.

**Healthy Wheat Germ Cookies** Wholesome and satisfying, made with flaked coconut and chopped pecans for added texture and flavour.

**Whole Wheat Cheddar Crackers** Crisp, savoury, and perfect for snacking, ideal for cheese boards, lunches, or anytime cravings.

Whether you're baking for family, friends, or just yourself, these recipes are designed to bring comfort, flavour, and a little joy to your kitchen.

After the December festivities, January is the perfect time to return to simple, nourishing meals. In this month's wellness blog, Holistic Nutritionist Tammy-Lynn McNabb, RHNP, shares how oats and wholesome Rogers Foods grains can support a cozy, healthy reset without sacrificing comfort.

# FUDGY LAYERED IRISH MOCHA BROWNIES

**Why it's fantastic:** These rich, decadent brownies get a kick from Irish Cream, a smooth buttercream frosting layer, and a glossy chocolate ganache on top - classic indulgence for dessert lovers!

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

**Total Time:** 40 minutes

**Servings:** 16

## INGREDIENTS:

### Brownie Layer

- 2/3 cup Rogers Foods Organic All Purpose Flour (or any Rogers Foods

### II Purpose Flour)

- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/3 cup butter
- 6 tbsp unsweetened cocoa powder
- 2 tbsp canola oil
- 1/2 tsp instant coffee granules
- 1 cup granulated sugar
- 2 large eggs, beaten
- 1 tsp vanilla extract

### Irish Cream Frosting

- 2 cups confectioners' (powdered) sugar
- 1/4 cup butter, softened
- 3 tbsp Irish cream liqueur



## **Ganache Topping**

- 1 cup semisweet chocolate chips
- 3 tbsp Irish cream liqueur
- 2 tbsp heavy whipping cream
- $\frac{1}{2}$  tsp instant coffee granules

## **DIRECTIONS:**

1. Prep: Preheat oven to 350°F. Grease an 8" x 8" square baking pan.
2. Make Brownies: In a bowl, whisk Rogers Organic All Purpose Flour, baking powder, and salt. Melt butter, then stir in cocoa, oil, and coffee until smooth. Cool slightly. Add sugar and eggs; mix well. Add dry ingredients and vanilla; stir to combine. Spread batter into pan. Bake ~25 minutes or until set. Cool.
3. Frosting: Beat powdered sugar and butter. Add Irish cream; mix until smooth. Spread over warm brownies. Chill 1 hour.
4. Ganache: Microwave chocolate chips, Irish cream, cream and coffee 1 minute. Stir until smooth. Cool to spreadable. Spread over frosting. Chill until set (~45–60 min).
5. Serve: Cut into squares and enjoy!

# BROWN BUTTER CARROT CAKE WITH CREAM CHEESE FROSTING

**Why it's amazing:** A moist, flavour-packed carrot cake with rich brown butter and a dreamy cinnamon-spiked cream cheese frosting. Rogers Foods All Purpose Flour ensures a tender crumb and classic texture.

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Total Time:** 35 minutes

**Yield:** 8

## INGREDIENTS

### Cake

- 2 ½ cups Rogers Foods All Purpose Flour
- 2 tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ginger powder
- 2 cups packed light brown sugar
- 10 tbsp (142 g) unsalted butter
- 3 large eggs, room temp
- 1 cup unsweetened applesauce
- 1 tsp vanilla
- 3 cups shredded carrots (about 4 medium)



## Cream Cheese Frosting

- 24 oz cream cheese, softened
- 2 sticks (227 g) unsalted butter, softened
- 1 tbsp vanilla extract
- 1 tsp cinnamon
- $\frac{1}{4}$  tsp salt
- 5 cups powdered sugar

## INSTRUCTIONS

1. Brown the butter: Melt butter in a skillet, continue swirling until it browns and smells nutty. Be sure it doesn't burn. Remove from heat and let cool.
2. Mix dry: Whisk together in a bowl, Rogers Foods All Purpose Flour, baking soda, salt, cinnamon, nutmeg, and ginger.
3. Mix wet: To the slightly cooled browned butter, whisk in brown sugar, then eggs. Add applesauce and vanilla, and stir in carrots. Stir in the dry mixture just until combined.
4. Bake: Divide batter between pans. Bake ~30 min or until a tester comes out clean. Cool.
5. Frosting: Beat cream cheese, butter, vanilla, cinnamon, and salt until smooth. Gradually add powdered sugar and beat until creamy.
6. Assemble: Frost between layers and all over the cake.

## CLASSIC SKILLET PIZOOKIE

**Why it's amazing:** Think giant, gooey cookie - crispy at the edges, soft in the middle, and perfect with a scoop of vanilla ice cream. And by using Rogers Foods Organic Flour, you add a lovely nutty depth and wholesome twist to this crowd-pleasing dessert!

**Prep Time:** 35 minutes

**Cook Time:** 35 minutes

**Total Time:** 70 minutes

**Servings:** 10

### INGREDIENTS

- $\frac{1}{2}$  cup (115 g) unsalted butter
- 1 cup (200 g) dark brown sugar
- 2 tsp vanilla extract
- 1 large egg
- 1 cup **Rogers Foods Organic Flour (or any Rogers Foods All Purpose Flour)**
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  tsp kosher salt
- $\frac{1}{8}$  tsp baking soda
- $\frac{1}{2}$  cup semi-sweet chocolate chips
- Vanilla ice cream, for serving



## INSTRUCTIONS

1. Preheat oven: 350 °F (177 °C).
2. Mix melted butter with brown sugar, then whisk in vanilla and egg until smooth.
3. Add dry ingredients: Sprinkle Rogers Organic Flour, baking powder, salt, and baking soda. Mix just until combined. Fold in chocolate chips.
4. Bake: Spread dough in a greased, oven-safe skillet or pan. Bake 22–24 min until edges are golden and centre is slightly gooey.
5. Serve: Let cool slightly, top with scoops of vanilla ice cream.

# HEALTHY WHEAT GERM COOKIES

**Prep Time:** 45 minutes

**Cook Time:** 10 minutes

**Total Time:** 55 minutes

**Servings:** 4 dozen

## INGREDIENTS

- 1 cup butter, softened
- 1 cup white sugar
- 1 cup brown sugar
- 2 large eggs
- 1 ½ teaspoons vanilla extract
- 1 ½ cups **Rogers Foods Large Flake Oats**
- 1 cup **Rogers Foods Wheat Germ**
- 1 cup **Rogers Foods All Purpose Flour**
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups chopped pecans
- 1 cup flaked coconut
- 1 cup chopped pitted dates

## INSTRUCTIONS

1. Preheat the oven to 325 degrees F (165 degrees C).
2. Beat butter, white sugar, and brown sugar together in a large bowl with an electric mixer until smooth. Beat in eggs, one at a time, then stir in vanilla. Whisk oats, wheat germ, flour, baking powder, baking soda, and salt together in a separate bowl; stir into butter mixture. Stir in pecans, coconut, and dates.
3. Drop rounded spoonfuls of dough onto ungreased cookie sheets.
4. Bake in the preheated oven until lightly browned and edges are set, 8 to 10 minutes. Cool cookies on cookie sheets for 1 to 2 minutes before transferring to a wire rack to cool completely.



# CREAMY OAT BRAN PORRIDGE

**Cook Time:** 5 minutes

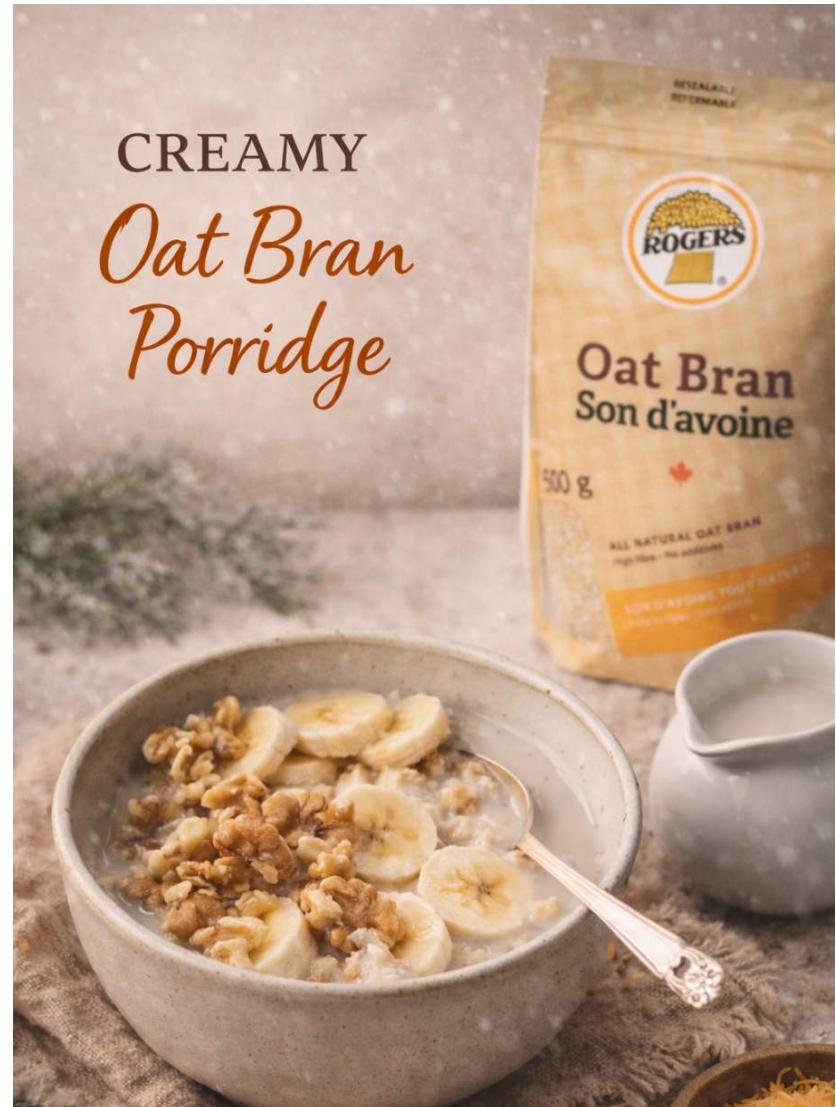
**Servings:** 3

## INGREDIENTS

- 1 cup (94g) **Rogers Foods Oat Bran**
- 2 cups water
- 1 1/2 - 2 cups milk or plant-based milk of your choice
- 1/4 teaspoon fine sea salt

## DIRECTIONS

- In a medium saucepan, over medium-high heat, add the oat bran and whisk continuously for just under a minute, or until you begin to smell it toasting.
- Add the water and the milk while whisking constantly to keep the oat bran from clumping. The pot will sizzle a bit with the addition of cold liquids.
- Continue whisking as the mixture comes to a full boil. Reduce the heat slightly to keep things simmering, and continue cooking for 3 minutes, whisking frequently.
- Serve in bowls with a splash of additional milk and your choice of toppings. Any remaining oat bran can be stored in the refrigerator for up to five days.

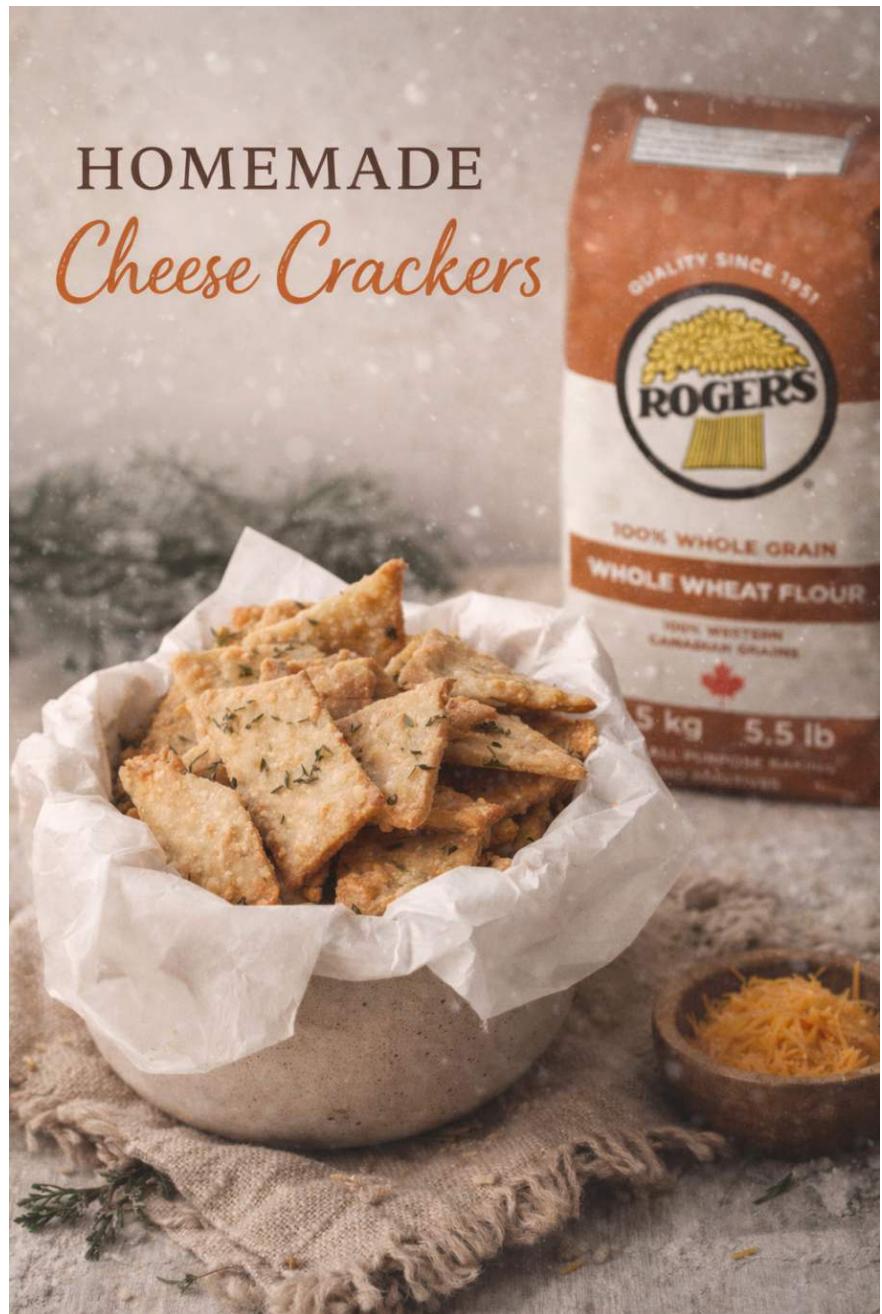


# WHOLE WHEAT CHEDDAR CRACKERS

**Prep Time:** 50 min  
**Cook Time:** 20 minutes  
**Total Time:** 1 hour 10 minutes  
**Servings:** 4 dozen

## INGREDIENTS

- 3 tablespoons unsalted butter, cut into 1/2-inch cubes, plus additional for baking sheets
- 1 1/2 cups / 7 oz / 200g **Rogers Foods 100% Whole Grain, Whole Wheat Flour** plus more for the countertop
- 1 teaspoon dry mustard powder
- 1 teaspoon fine-grain sea salt
- 6 ounces / 170 g Cheddar cheese, grated
- 2 teaspoons white wine vinegar
- 1 ice cube
- seeds (optional) - Incorporate fresh herbs like chopped rosemary or thyme if you wish



## DIRECTIONS

1. Combine the butter, flour, dry mustard, and salt in the bowl of a stand mixer. Mix on low speed with the paddle attachment until the mixture is crumbly and the butter begins to incorporate, about 30 seconds. Add the cheese and mix again on low speed for a few seconds.
2. In a measuring cup, combine 3/4 cup of water, the vinegar, and the ice cube, then let sit for a moment to chill. Add six tablespoons of the vinegar mixture to the dough, then mix on medium speed for 20 seconds. Continue adding liquid, 1 tablespoon at a time, until the dough forms a ball on the beater. Then mix for an additional 30 seconds. Mound the dough into a ball, wrap it in waxed paper or plastic wrap, and refrigerate for at least two hours, and up to 3 days.
3. Remove the dough from the refrigerator 15 minutes before you are ready to roll it out. Preheat the oven to 325F / 160C and grease two baking sheets. Turn the dough out onto a floured surface, press it into a flat disc, and roll it with a rolling pin until it is 1/8-inch thick. Cut into desired shapes using a knife or cutter. Any leftover dough can be rerolled for more crackers.
4. With a spatula, transfer the crackers to the prepared baking sheets, allowing nearly an inch between crackers. If you're adding seeds as an accent, press them gently in place now. Bake until the bottoms are browned, and the tops take on a good amount of colour as well - 18 - 25 minutes, depending on how thick your crackers actually are. And rotate the sheets halfway through baking (or when the crackers in the back look like they are browning more quickly than the front). Turn off the oven, prop open the oven door with a metal or wooden spoon, and allow the crackers to crisp as the oven cools - at least twenty minutes.



## WELLNESS CORNER

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

# BACK TO BASICS AFTER THE DECEMBER FESTIVITIES: A COZY, HEALTHY RESET WITH OATS & ROGERS GRAINS



December is magical - twinkling lights, cozy baking, festive gatherings, comfort foods, and yes... a little extra sugar and “just one more” of everything. And honestly? That’s normal. Food is part of celebration, memory-making, and tradition.

But when January arrives, many of us feel the shift. Energy may dip, digestion can feel off, cravings linger, and routines feel a bit unsteady. If you’re feeling that familiar post-holiday slump, it doesn’t mean you did anything wrong. It simply means your body is ready for nourishment that feels grounding, warming, and supportive.

That's why January is the perfect time to return to simple, wholesome staples - especially oats and whole grains. They're comforting, affordable, and incredibly versatile. Even better, they help you feel satisfied and fuelled without falling into extreme rules or "detox" thinking.

Let's explore how eating healthy oats and Rogers Foods grains can support a gentle reset after the December festivities - one cozy bowl at a time.

## **Why Oats and Whole Grains Are Ideal January Foods**

When we lean into oats and whole grains in January, we're rebuilding a strong foundation. These foods provide steady energy and essential nutrients that our bodies often crave after weeks of rich meals and irregular schedules.

### **1. They help stabilize energy**

After holiday indulgences, it's common to experience energy highs and crashes. Oats and whole grains contain complex carbohydrates, which digest more slowly and help maintain steadier blood sugar levels throughout the day.

### **2. They support digestion**

Holiday eating can sometimes mean less fibre and fewer vegetables. Whole grains are naturally rich in fibre, which promotes regular digestion and helps nourish a healthy gut environment.

### **3. They support heart health**

Oats are well known for their soluble fibre - particularly beta-glucan - which supports heart health. Regularly including whole grains has long been associated with favourable cardiovascular outcomes.

### **4. They're comforting AND nourishing**

January in Canada is not the season for icy smoothies and cold salads. Warm bowls of oatmeal, baked oats, grain-based soups, and hearty grain bowls provide comfort while still delivering balanced nutrition.

## The January Reset Mindset: Gentle, Not Restrictive

As a holistic nutritionist, this is something I remind my clients of every January:

Your body doesn't need punishment after the holidays - it needs consistency. A reset doesn't have to be complicated. Often, it looks like:

- \* Adding fibre to breakfast
- \* Building balanced meals
- \* Drinking enough water
- \* Returning to gentle movement
- \* Supporting rest and sleep

When nourishment becomes the focus, the body naturally begins to regulate itself - without rigid rules or constant "starting over."

## The Balanced Bowl Formula (For Oats & Grain Bowls)

One of the easiest ways to feel better quickly in January is to use this simple formula:

***Fibre + Protein + Healthy Fat + Colour***

This combination supports steady energy, balanced blood sugar, and longer-lasting fullness.

### For oats:

- **Fibre:** oats, oat bran, chia seeds, ground flax, berries
- **Protein:** Greek yogurt, cottage cheese, protein powder, hemp hearts, or even egg whites stirred in while cooking
- **Healthy fats:** walnuts, almond butter, seeds
- **Colour:** berries, apples, pears, pumpkin, grated carrot

## For grain bowls:

- **Fibre:** whole grain base plus vegetables
- **Protein:** beans, lentils, eggs, fish, chicken, or tofu
- **Healthy fats:** olive oil, avocado, tahini, seeds
- **Colour:** roasted vegetables, leafy greens, herbs, slaws, or salsas

This formula keeps meals satisfying and easy to build, even on busy winter days.

## Easy January Oat Ideas You'll Actually Enjoy

Oats can be far more exciting than a plain bowl of porridge. These ideas are practical, comforting, and easy to prepare.

### 1. Classic “Power Oats”

Prepare rolled oats as usual and stir in:

- chia or ground flax
- a scoop of plain Greek yogurt
- berries and cinnamon
- a spoonful of nut butter

This simple upgrade adds staying power and keeps you feeling full longer.

### 2. Baked Oatmeal

Baked oats are ideal for winter mornings. They feel like a treat but provide fibre and nourishment. Add bananas, apples, berries, cinnamon, and nuts. Bake once and enjoy for several days.

### 3. Savoury Oats

Cook oats in broth instead of milk and top with sautéed vegetables, a soft-boiled egg, cracked pepper, and a sprinkle of cheese. Warm, satisfying, and surprisingly delicious.

### 4. Oat Bran Fibre Boost

Oat bran is an easy way to gently increase fibre intake. Stir a spoonful into oatmeal, smoothies, yogurt, or baking. Increase slowly and drink plenty of water.

## Rogers Grains: A Winter Kitchen Essential

While oats often steal the spotlight, whole grains deserve equal attention - especially during winter. Batch-cooking grain-based cereal once a week makes healthy meals effortless.

- **Grain bowl lunches**

Combine cooked one of our Ancient Grain Blends with roasted vegetables, protein, seeds, and a simple dressing for a satisfying midday meal.

- **Soups and stews**

Adding to soups makes them heartier and more nourishing - perfect for cold Canadian evenings.

- **Breakfast grain bowls**

Ancient Grain Blends can be enjoyed just like oats with cinnamon, fruit, yogurt, and seeds for variety.



- **Homemade granola**

Granola made with oats and whole grains is a nourishing snack when prepared with quality ingredients and moderate sweetness. (Or try one of ours!)

- **Baking with whole grains**

January is a great time to gently upgrade baking by incorporating wholesome flours and grains while keeping flavour and comfort intact.

## A Gentle 7-Day January Reset

If you enjoy structure, try this simple approach:

- Days 1–2: Start the day with oats or a grain-based breakfast

- Day 3: Increase fibre and hydration
- Day 4: Batch-cook grains for the week
- Day 5: Build a nourishing grain bowl
- Day 6: Enjoy a cozy soup or stew
- Day 7: Prepare baked oats or granola for the week ahead

No extremes - just steady habits.

### Common January Challenges

- **Sugar cravings:** Often linked to unbalanced meals earlier in the day. Focus on protein and fibre at breakfast and lunch.
- **Digestive discomfort:** Increase fibre gradually, drink more water, and prioritize gentle movement, such as walking.

Lack of motivation: Batch-cook once and assemble meals quickly through the week.

### January Nourishment Can Still Feel Cozy

January doesn't require a complete overhaul. A few nourishing anchors - like oats and whole grains - can help your body reset naturally. Warm breakfasts, balanced lunches, and comforting dinners support energy, digestion, and overall well-being during the winter months. Nutrition that feels comforting is the kind you can sustain - well beyond January.

Here's to a Healthy and Prosperous 2026!

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## ROGERS FOODS IN THE COMMUNITY

In December, some of our **Rogers Foods** team members proudly volunteered at the **Salvation Army Food Hamper Giveaway** - an incredible community effort supporting people and families who needed a little extra help during a busy, challenging season.

As part of this initiative, **Rogers Foods donated flour and granola** for inclusion in the hampers. This year, **3,000 hampers** were assembled and distributed. From 8:00 a.m. to 3:00 p.m., car after car came through to receive a Christmas hamper, a bag of groceries, a \$50 local grocery store voucher, and even a cute little Christmas tree - all made possible by the generosity of local businesses and our community.

We've built a wonderful partnership with Josh at the Salvation Army, and we're proud to be part of an effort that truly makes a difference. We look forward to many more years of giving back together.

**A heartfelt thank you to our Rogers Foods volunteers who made a considerable impact:**

- **Jim** – from our Rogers Foods' Maintenance Team



- **Ken** – from our Rogers Foods' Packaging Team
- **Ashley** – from our Rogers Foods' Quality & QC Team
- **Dave** – The Mill
- **Jay** – from our Rogers Foods' Warehouse

Your time, care, and commitment embody the spirit of the season and make us incredibly proud to be Rogers. ❤️





## CONGRATULATIONS TO ALL OF OUR HOLIDAY BAKING CHALLENGE WINNERS!

What a great season of baking! Thank you to all who participated in this year's holiday baking contest. We had so many fantastic entries! Here's a look at our winners.

@mamacita\_meals  
@jferg5716  
@urbanspice

**Week One Winner \$200**  
**Week Two Winner \$200**  
**Week Three Winner \$200**





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And the grand prize winner  
was @justsuebakes - \$400



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