



Rogers Bulk Food Store

Rogers Foods Ltd.

NEWSLETTER

MAY 2021

ROGERS continues to offer Curbside Service

SAME DAY SERVICE, ORDERS can be placed by email, to: store@rogersfoods.com or phone @ **1-800-356-8735 extension #5**. We will contact you to confirm a pick up date & time, as well as pre-payment.

WHAT'S NEW:

FREE Bag of **Granola** with Every Curbside Order & **Gift Bag Draw**

Local Honey Back in Stock

ROGERS Cereals and **Granolas** Are Back in Stock

WHAT'S ON SALE:

May Sales

\$1 Specials

RECIPE OF THE MONTH:

Powerhouse Muffins

We will be CLOSED

Monday, May 24th for Victoria Day.

STORE HOURS:

Curbside Pick-up By Appointment, Monday to Friday, 9-4

CONTACT US:

1-800-356-8735 #5 or email "store@rogersfoods.com"

May Sales

	Regular	Sale
Apple Fritters	\$1.50	\$7.50/6 pack
Popcorn	\$3.75	\$3.25/kg
Peas, green or yellow	\$2.75	\$2.25/kg
Mountain Man trail mix	\$9.95	\$8.50/kg
Sorghum Flour, g/f	\$4.75	\$4.00/kg
Almonds, whole raw	\$16.50	\$14.95/kg
Sunflower Seeds, raw	\$4.90	\$4.00/kg
Chocolate Coffee Beans	\$22.50	\$10.00/kg
Bulgur Wheat, organic	\$7.95	\$5.95/kg
Dates, diced	\$5.95	\$4.95/kg
Himalayan Salt, coarse	\$4.75	\$2.75/kg
Pepper, fine, cracked & peppercorns	\$2.35	\$2.00/1.00g
Cinnamon, Saigon or red star		25% off
Vanilla Beans, 2/vial	\$11.35	\$8.35
Braggs Apple Cider		\$5.00/473ml
Sprinkles, chocolate or rainbow		\$0.50/150
Sugar Pets, & Swedish Dishcloth, \$1.00 Special		see attachment



\$1 Specials!

Sugar Savers

Swedish Dishcloths: Cat & Dog Designs Only

Was: \$3.50

Now \$1.00 + Tax

Was: \$5.00 each

Now \$1.00 + Tax

May 2021 Gift Bag





Powerhouse Muffin Recipe



3	cups	ROGERS NATURAL WHEAT BRAN	750	mL
2	cups	milk	500	mL
1/2	cup	oil	125	mL
3/4	cup	undrained crushed pineapple	180	mL
2	cups	ROGERS NO ADDITIVE OR ALL PURPOSE FLOUR	500	mL
1/2	cup	ROGERS WHEAT GERM	125	mL
2	tsp.	baking soda	10	mL
2	tsp.	baking powder	10	mL
1 1/2	tsp.	cinnamon	7	mL
1/4	tsp.	cloves	1	mL
1/4	tsp.	nutmeg	1	mL
2		eggs	2	
2	tbsp.	molasses	30	mL

Power Muffin Recipe

1	cup	brown sugar	250	mL
1	tsp.	vanilla	5	mL
1	cup	raisins, dates or currants	250	mL
1/2	cup	sunflower seeds or walnuts	125	mL

DIRECTIONS

Preheat oven to 375°F.

In large bowl mix together bran, milk, oil and crushed pineapple. Set aside.

Combine flour, wheat germ baking soda, baking powder, cinnamon, nutmeg and cloves. Set aside.

To bran mixture add eggs, molasses, brown sugar and vanilla. Blend well. Stir in your choice of raisins, dates or currants, and sunflower seeds or walnuts.

Add dry mixture and stir until ingredients are just blended. Spoon mixture into prepared muffin tins.

Bake for 18 to 22 minutes. Because these muffins are dark it may be difficult to see if they are done. Be sure to do the toothpick test to check for doneness.

Yield: 24 muffins



For more information about our products and other recipes go to www.rogersfoods.com