



Muffins

18 Recipes for Satisfying Snacks



Cooking with Crosby's Fancy Molasses

I consider homemade muffins to be the ideal snack food. Sweet enough to be satisfying but not cake-like, they can feel like a little treat.

When you make your muffins from scratch you're in control of how healthy you want to make them. You can always include whole grain flour, dried fruit, ground flax or wheat germ. You can use butter or healthier oil, toss in some nuts or seeds. You can add pureed or grated fruit or vegetables.

In this collection you'll find all sorts to suit your muffin cravings. From classic bran muffins to chocolate banana muffins, to simple ginger muffins and filled-with-everything kitchen sink muffins. A bit of the nutritious with the delicious.

Bridget

Bridget Oland
Crosby's Molasses Kitchen



Crosby's has been importing the world's finest molasses for over one hundred years and takes pride in being one of the world's largest importers of Fancy Molasses. We are committed to maintaining the highest standards of quality and service in all of our fine food products.

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Best Blueberry Muffins

Makes 14 muffins

<i>3 cups flour, spooned in</i>	<i>1 cup milk</i>
<i>1 cup white sugar</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>1 Tbsp baking powder</i>	<i>¼ cup canola or grape seed oil</i>
<i>¼ tsp baking soda</i>	<i>1 tsp vanilla</i>
<i>¼ tsp salt</i>	<i>2 cups blueberries</i>
<i>3 large eggs</i>	

- Preheat oven to 400°F and line muffin tins with papers. In a medium bowl whisk together liquid ingredients. In a large bowl whisk dry ingredients.
- Add liquid mixture to dry ingredients and stir gently 2-3 times. Add the berries and mix just until the flour is moistened. (Mixing should be held to a minimum – a light stirring for 10 to 20 seconds. Batter will be lumpy and will break into coarse globs.
- Pour into muffin cups and fill to the top. Bake until golden brown, about 20 minutes.

10 Tasty Blueberry Muffin Recipe Variations:

1. Add the zest of half a lemon and a pinch of ginger to the dry ingredients before mixing.
2. Swap out half of the flour with whole wheat pastry flour, regular whole wheat or spelt flour.
3. Reduce the sugar to 2/3 cup if you prefer your muffins less sweet.
4. Sprinkle coarse sugar ovetop before baking to give them a pretty sparkle
5. Add 1/4 to 1/3 cup chopped crystalized ginger to the batter.
6. Swap melted butter for 2 Tbsp. of the oil to add a little richness to the taste.
7. Add 1/4 cup poppy seeds or 1/2 cup chocolate chips and the zest of an orange.
8. Add half raspberries and half blueberries for berry blast muffins.
9. Substitute 1/4 ground flax seed, oat bran or wheat germ for 1/4 cup of the flour.
10. Dress them up with a lemon glaze (1/2 cup icing sugar, 1 Tbsp. milk or cream and a few drops of lemon juice)



Healthy Gingerbread Muffins

Adapted from Pinch of Yum

Makes 12 muffins

<i>½ cup oil or melted butter</i>	<i>1 cup whole wheat or spelt flour (spooned in)</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>1½ tsp baking soda</i>
<i>⅓ cup honey or maple syrup</i>	<i>¼ tsp salt</i>
<i>1 egg</i>	<i>1 tsp cinnamon</i>
<i>½ cup yogurt or sour cream</i>	<i>1 teaspoon ground ginger</i>
<i>½ cup milk</i>	<i>Coarse sugar for topping (optional)</i>
<i>1½ cups flour (spooned in)</i>	

- Preheat the oven to 375°F. Grease a muffin tin or line with paper liners.
- In a medium bowl, whisk the oil, molasses and honey. Whisk in the egg then yogurt and milk.
- In another bowl combine the flours, baking soda, salt and spices.
- Add wet to dry ingredients and stir gently just until combined. (Batter will be lumpy).
- Spoon batter into muffin tins and sprinkle with coarse sugar (if using).
- Bake for 15 to 20 minutes. (Muffins baked in a dark pan will cook more quickly). Let cool in tins for about 10 minutes before removing to a cooling rack.



Six Week Refrigerator Bran Muffins

Made with Natural Wheat Bran (not bran cereal)

Makes four dozen muffins

<i>6 cups natural wheat bran</i>	<i>4 cups buttermilk</i>
<i>2 cups boiling water</i>	<i>1 cup Crosby's Fancy Molasses</i>
<i>1 cup butter, softened</i>	<i>5 cups flour, spooned in</i>
<i>1 1/3 cups brown sugar</i>	<i>2 Tbsp baking soda</i>
<i>4 eggs</i>	<i>1 Tbsp baking powder</i>
	<i>1/2 tsp salt</i>

- Preheat oven to 425°F and prepare muffin pans.
- Measure the wheat bran into a large bowl and cover with boiling water. Stir and let sit.
- In another bowl, whisk together flour, baking soda, baking powder and salt. Set aside.
- In a large bowl, cream butter and sugar. Add eggs, one at a time, mixing well after each addition. Whisk in the molasses and buttermilk.
- Add flour mixture and stir gently until almost combined. Stir in wheat bran mixture and mix gently just until incorporated.
- Scoop into prepared muffin cups and bake at 425°F for 5 minutes. Reduce oven temperature to 375°F and bake for another 18-20 minutes, until muffin tops spring back lightly when touched.
- Cool in pan for 10 minutes then remove to a cooling rack.



Whole Wheat Molasses Zucchini Muffins

Adapted from Pinch of Yum

Makes 16 muffins

<i>1 cup grape seed oil or canola oil</i>	<i>1½ cups all-purpose flour</i>
<i>½ cup Crosby's Fancy Molasses</i>	<i>2 tsp baking soda</i>
<i>½ cup honey or maple syrup</i>	<i>2 tsp baking powder</i>
<i>2 eggs, beaten</i>	<i>½ tsp salt</i>
<i>2 tsp vanilla</i>	<i>1½ tsp cinnamon</i>
<i>3 cups grated zucchini</i>	<i>½ tsp cardamom</i>
<i>1½ cups whole wheat pastry flour</i>	<i>or nutmeg</i>
<i>(or regular whole wheat flour)</i>	

- Preheat the oven to 350°F.
- In a medium bowl whisk the oil with the honey and molasses. Whisk in the eggs and vanilla. Stir in the zucchini.
- In a large bowl whisk the two flours, baking soda and baking powder, salt and spices.
- Add wet ingredients to dry and stir gently until almost combined.
- Spoon into prepared muffin tins and bake for about 20 minutes (until the tops feel done when you touch them lightly.)



Apple Chai Muffins

Adapted from Simple Balance

Makes 12 muffins

<i>1 ½ cups spelt or whole wheat flour</i>	<i>¼ tsp nutmeg</i>
<i>1 ½ cups old fashioned rolled oats</i>	<i>½ tsp cardamom</i>
<i>1 tsp baking powder</i>	<i>½ cup milk</i>
<i>½ tsp baking soda</i>	<i>1 ½ tsp cider vinegar</i>
<i>¼ tsp salt</i>	<i>1 cup unsweetened applesauce</i>
<i>1 tsp cinnamon</i>	<i>1 apple, grated with peel on</i>
<i>1 tsp ginger</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>¼ tsp cloves</i>	<i>1 egg, beaten</i>
	<i>1 tsp. vanilla</i>

- Preheat oven to 400°F and prepare 12 muffin cups.
- In a large bowl, combine flour, oats, baking powder, baking soda, salt and spices.
- In a medium bowl, combine milk and cider vinegar and let sit for a few minutes. Stir in applesauce, grated apple, molasses, egg and vanilla.
- Add wet to dry and mix very gently.
- Divide mixture among 12 prepared muffin cups and bake for about 20 minutes.



Healthy Kitchen Sink Muffins

Adapted from The Pioneer Woman

<i>1 cup whole wheat or spelt flour (spooned in)</i>	<i>½ cup walnuts, roughly chopped</i>
<i>½ cup flour (spooned in)</i>	<i>½ cup dried cranberries or dried cherries or</i>
<i>¼ cup ground flaxseed</i>	<i>1 cup buttermilk*</i>
<i>1 cup rolled oats (not instant)</i>	<i>1 egg</i>
<i>½ cup brown sugar, packed</i>	<i>1 tsp vanilla</i>
<i>½ tsp salt</i>	<i>1 banana, mashed</i>
<i>1 tsp baking soda</i>	<i>½ cup applesauce</i>
<i>2 tsp baking powder</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>½ tsp ground cinnamon</i>	

- Preheat the oven to 350°F. Grease a 12-count muffin pan.
- In a large bowl combine flours, ground flax, rolled oats, brown sugar, salt, baking soda, baking powder, cinnamon, walnuts, and cranberries. Stir until combined.
- In a separate bowl whisk together the buttermilk, egg, vanilla, banana, applesauce and molasses.
- Pour the wet ingredients into the dry ingredients, stirring until it just barely comes together.
- Divide batter among muffin cups and bake for 16-18 minutes, or until deep golden brown.

*Can use half milk half yogurt or sour your milk with 1 Tbsp of vinegar.



Double Chocolate Whole Wheat Banana Muffins

Adapted from Sweet Sugarbean
Makes about 14 muffins

<i>1 cup whole wheat or spelt flour (spooned in)</i>	<i>1 cup milk</i>
<i>1 cup white flour (spooned in)</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>6 Tbsp unsweetened cocoa powder</i>	<i>2 medium bananas, mashed</i>
<i>2 tsp baking powder</i>	<i>⅔ cup grape seed or canola oil</i>
<i>1 tsp baking soda</i>	<i>1 tsp vanilla</i>
<i>½ tsp salt</i>	<i>½ cup chopped dark chocolate or dark chocolate chips</i>
<i>3 large eggs, room temperature</i>	

- Preheat oven to 375°F.
- Line muffin tin with papers, or grease well.
- In a large bowl whisk together dry ingredients. In a separate bowl, beat the eggs until light and frothy.
- Whisk in the milk, molasses, mashed banana, oil and vanilla.
- Gently stir the wet mixture into the dry, add the chocolate, and continue mixing until just combined.
- Scoop the mixture into muffin cups. Bake for 18 - 20 minutes, until set.



Double Chocolate Rye Muffins

Adapted from Green Kitchen Stories

Makes 12 large muffins

<i>1 scant cup rye flour</i>	<i>1 cup milk or full-fat coconut milk</i>
<i>1 cup white flour</i>	<i>2/3 cup Crosby's Fancy Molasses</i>
<i>6 Tbsp cacao powder</i>	<i>2/3 cup grape seed or canola oil</i>
<i>2 tsp baking powder</i>	<i>100 g dark chocolate,</i>
<i>1 tsp baking soda</i>	<i>coarsely chopped or</i>
<i>1/4 tsp salt</i>	<i>1/2 cup dark chocolate chips</i>
<i>3 eggs</i>	

- Preheat the oven to 400°F and prepare a muffin pan.
- In a large bowl whisk together all dry ingredients.
- In another bowl beat the eggs until frothy then add the milk, molasses and oil.
- Add the wet mixture to the dry mixture, stirring just until incorporated.
- Add the chocolate or add half of the chocolate and save the other half to sprinkle on top of the muffins before baking.
- Spoon batter into the muffin tins and top with remaining of the dark chocolate (if that's what you chose to do).
- Bake for about 18 minutes.



Banana Oat Muffins with Molasses

Adapted from Our Lady of Second Helpings
Makes 12 muffins (or 18 mini muffins)

<i>½ cup butter, softened</i>	<i>1 tsp baking soda</i>
<i>⅓ cup sugar</i>	<i>½ tsp salt</i>
<i>2 large eggs</i>	<i>1 tsp cinnamon</i>
<i>3 ripe bananas, mashed</i>	<i>1/2 tsp nutmeg</i>
<i>(approximately 1 1/4 cups</i>	<i>1 ½ cups flour,</i>
<i>after mashing)</i>	<i>spooned in (can use</i>
<i>¼ cup Crosby's Fancy Molasses</i>	<i>half whole grain)</i>
<i>½ cup plain yogurt or buttermilk</i>	<i>¾ cup rolled oats</i>
<i>1 tsp vanilla</i>	

- Preheat oven to 350°F and prepare muffin tins.
- In a large bowl beat butter and sugar. Beat in eggs, one at a time.
- Add the bananas, molasses, yogurt, and vanilla and mix well.
- Sprinkle over the baking soda, salt, cinnamon and nutmeg and mix well.
- Add the flour 1/2 a cup at a time, mixing gently until just incorporated. Gently stir in the oats.
- Spoon into prepared tins and bake for 20-25 minutes, until set.
- Let cool 10 minutes before removing from pan.



Carrot Cake Muffins with Molasses Cream Cheese Icing

Make 18 regular-sized muffins

<i>2 cups flour</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>1 cup whole wheat pastry flour</i>	<i>½ cup butter</i>
<i>4 tsp baking powder</i>	<i>1 cup milk</i>
<i>½ tsp baking soda</i>	<i>½ cup plain yogurt</i>
<i>½ tsp salt</i>	<i>3 eggs</i>
<i>1 cup brown sugar</i>	<i>1 tsp vanilla</i>
<i>1 tsp cinnamon</i>	<i>1 cup finely shredded carrots</i>
<i>¼ tsp nutmeg</i>	

- Preheat oven to 350°F and prepare muffin pans.
- In a small pan melt butter, remove from heat and stir in molasses.
- In a medium bowl whisk together the eggs. Whisk in the milk and yogurt then add the butter-molasses mixture along with the vanilla.
- In a large bowl combine flour, baking powder, baking soda, salt, sugar, cinnamon, and nutmeg.
- Carefully add the wet mixture, stirring until just combined. Stir in the grated carrots and mix until incorporated.
- Spoon into prepared pans and bake at 350°F for about 20 minutes.
- Let cupcakes cool before icing.

Molasses Cream Cheese Icing

<i>1 – 125 g package of cream cheese, softened</i>	<i>1 ½-2 Tbsp Crosby's Fancy Molasses</i>
<i>1 Tbsp butter, softened</i>	<i>½ tsp vanilla</i>

- Beat together the butter and cream cheese until smooth.
- Beat in the molasses and vanilla.



Carrot Cake muffins with Molasses Cream Cheese Icing

Pumpkin Spice Muffins with Walnuts and Molasses

Adapted from Daily Garnish

Makes 12 muffins

<i>1 ½ cups flour</i>	<i>2 eggs</i>
<i>1 tsp baking soda</i>	<i>1 cup canned pumpkin puree</i> <i>(not pumpkin pie filling)</i>
<i>¼ tsp salt</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 tsp ground cinnamon</i>	<i>½ cup cooking oil or melted butter</i>
<i>½ tsp ground ginger</i>	<i>1 tsp vanilla</i>
<i>½ tsp ground nutmeg</i>	<i>1 cup chopped walnut pieces</i>
<i>¼ tsp allspice</i>	<i>¼ cup candied ginger, minced</i>
<i>Pinch of ground cloves</i>	
<i>¼ cup brown sugar</i>	

- Preheat the oven to 350°F degrees.
- In a large bowl combine the dry ingredients (including brown sugar).
- In a medium bowl whisk the eggs with the pumpkin mixture then add the oil, molasses and vanilla.
- Gently fold the wet ingredients into the dry and stir until almost combined.
- Toss in the walnuts and ginger (reserving about 1 Tbs. of the ginger and 3 Tbsp. of the walnuts to sprinkle over top of the muffins before baking.)
- Gently fold the walnuts and ginger into the batter.
- Spoon batter into prepared muffin cups and bake for about 30 minutes (until a tester comes out clean).



Apple Cinnamon Muffins with Molasses

Adapted from Table For Two
Makes 12 regular sized muffins

<i>1 cup flour</i>	<i>2 eggs</i>
<i>½ cup whole wheat or spelt flour</i>	<i>1 tsp vanilla extract</i>
<i>2 tsp baking powder</i>	<i>¼ cup canola, grape seed or olive oil</i>
<i>¼ tsp salt</i>	<i>2 cups peeled and chopped apples (about 2 medium apples)</i>
<i>1 tsp cinnamon</i>	
<i>½ cup buttermilk or sour milk*</i>	
<i>½ cup Crosby's Fancy Molasses</i>	

- Preheat oven to 400°F and grease muffin pan (or line with muffin cups).
- In a large bowl, whisk flours, baking powder, salt, and cinnamon.
- In another bowl, whisk together buttermilk, molasses, eggs, vanilla, and oil.
- Make a well in the dry ingredients and pour in the buttermilk mixture. Stir gently until almost combined.
- Add the chopped apples and gently fold them into the batter.
- Spoon batter into prepared muffin cups and bake for 15-20 minutes.

*To sour milk, add ½ Tbsp. of vinegar to your measuring cup and fill to the ½ cup mark with milk. Let sit 5 minutes.



Boston Brown Bread Muffins

Makes 12 muffins (the old fashioned size)

<i>½ cup rye flour</i>	<i>½ cup packed dark brown sugar</i>
<i>½ cup yellow cornmeal</i>	<i>½ cup vegetable oil</i>
<i>½ cup all-purpose or whole wheat flour</i>	<i>1 cup buttermilk or soured milk*</i>
<i>¾ tsp salt</i>	<i>½ tsp vanilla</i>
<i>1 ½ tsp baking soda</i>	<i>1 cup golden raisins, currants or dried cranberries</i>
<i>1 egg</i>	
<i>½ cup Crosby's Fancy Molasses</i>	

- Butter a standard muffin pan.
- Mix together the flours, cornmeal, salt, and baking soda.
- In a separate bowl, combine the egg, molasses, sugar, oil, buttermilk and vanilla.
- Blend well. Stir the buttermilk mixture into the dry ingredients, along with the fruit, mixing gently until just combined.
- Fill the prepared muffin tins ¾ of the way
- Bake at 400°F for 15-20 minutes (until tester comes out clean.)

*To sour your milk add 1 Tbsp. of vinegar to the cup of milk. Let sit for 5 minutes.



Alan's Ginger Molasses Muffins

(slightly adapted)

Make 12 regular-sized muffins

<i>1 ½ cups flour</i>	<i>¼ tsp Salt</i>
<i>½ cup natural bran (or ground flax or wheat germ)</i>	<i>2 eggs</i>
<i>⅔ cup sugar</i>	<i>¼ cup canola oil</i>
<i>1 tsp baking powder</i>	<i>¾ cup milk</i>
<i>½ tsp baking soda</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 tsp cinnamon</i>	<i>2 Tbsp fresh grated ginger (or 1 ½ tsp dried ginger*)</i>

- Grease a 12 cup muffin pan and set aside.
- Preheat oven to 350°F.
- Combine dry ingredients in a medium size bowl and set aside.
- In a separate bowl beat together eggs, oil, milk, molasses and fresh ginger.
- Carefully add wet ingredients to dry ingredients and stir gently until just incorporated.
- Pour batter into greased muffin cups and fill 2/3 full.
- Bake for 20 - 25 minutes and remove when nicely browned.
- Loosen edges with a knife and remove from pan when cool.

*If using dried ginger combine it with the flour mixture.



Low Calorie Bran Muffins

Makes one dozen regular muffins

<i>1 cup whole wheat flour</i>	<i>1 egg</i>
<i>1 tsp baking soda</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>1 ½ cups natural bran</i>	<i>¾ cup milk</i>
<i>¼ cup toasted wheat germ</i>	<i>2 Tbsp oil</i>
<i>½ cup raisins</i>	

- In a medium bowl mix together dry ingredients. Stir in raisins.
- In another bowl combine egg, molasses, milk and oil.
- Add this to the dry ingredients and mix just until combined.
- Spoon into prepared muffin tins.
- Bake at 400°F for 20-25 minutes (regular muffins) or 15-18 minutes for mini muffins.
- Recipe doubles well.



Dense & Spicy Ginger Molasses Muffins

Makes 12 regular-sized muffins

<i>1 ¼ cups flour</i>	<i>¾ cup butter</i>
<i>6 Tbsp brown sugar</i>	<i>6 Tbsp Crosby's Fancy Molasses</i>
<i>2 tsp ginger</i>	<i>1 egg</i>
<i>½ tsp baking powder</i>	<i>1 cup chopped dates</i>
<i>¼ tsp baking soda</i>	<i>or fresh blueberries</i>
<i>¼ tsp salt</i>	

- In a medium bowl combine flour, ginger, baking powder, baking soda and salt.
- In another bowl cream butter and brown sugar.
- Add egg and then molasses to butter mixture, mixing well after each addition.
- Add dry ingredients to the creamed mixture and mix gently.
- Spoon into prepared muffin tins and bake at 350°F for about 20 minutes.



Healthy Blueberry Wheat Germ Muffins

<i>½ cup wheat germ</i>	<i>2 eggs</i>
<i>1 ¼ cups flour</i>	<i>¼ cup oil</i>
<i>½ tsp salt</i>	<i>3 Tbsp Crosby's Fancy Molasses</i>
<i>1 ½ tsp baking soda</i>	<i>1 cup blueberries</i>
<i>½ cup sugar</i>	<i>(more if you prefer)</i>
<i>1 cup of plain yogurt</i>	
<i>(or flavoured, if that's what you have on hand)</i>	

- Preheat oven to 350°F and grease 12 regular-sized muffin cups.
- In a medium bowl combine dry ingredients.
- In another bowl combine yogurt, eggs, oil and molasses.
- Pour wet mixture over the dry ingredients and mix gently, just until combined.
- Stir in blueberries.
- Spoon into prepared muffin pans and bake at 350°F for 18-20 minutes.



Sweet Bran Muffins

<i>2½ cups flour</i>	<i>1 egg beaten</i>
<i>2 tsp baking powder</i>	<i>1 cup Crosby's Fancy Molasses</i>
<i>½ tsp baking soda</i>	<i>¾ cup milk</i>
<i>1½ tsp salt</i>	<i>¼ cup butter, melted</i>
<i>1½ cups bran</i>	

- Preheat oven to 400°F. Line muffin tins with muffin papers.
- In separate bowls combine liquid ingredients and dry ingredients.
- Add wet ingredients to dry and lightly mix. The batter should remain well mixed but lumpy.
- Fill muffin cups to 2/3 full. Bake for 15 - 20 minutes until firm and nicely browned.



Cranberry Orange Bran Muffins

Makes 12 generous muffins

<i>1 ½ cups buttermilk</i>	<i>½ cup packed dark brown sugar</i>
<i>¾ cup All-Bran-style cereal</i>	<i>¼ cup flax seeds</i>
<i>½ cup natural bran (baker's bran)</i>	<i>4 tsp baking powder</i>
<i>⅔ cup Crosby's Fancy Molasses</i>	<i>2 tsp baking soda</i>
<i>⅓ cup oil</i>	<i>¼ tsp nutmeg</i>
<i>1 egg</i>	<i>¼ tsp salt</i>
<i>1 ½ tsp vanilla</i>	<i>Zest of 1 orange</i>
<i>2 cups flour</i>	<i>1 cup dried cranberries</i>
<i>¾ cup whole wheat flour</i>	

- In a bowl stir together the buttermilk, bran cereal and natural bran. Let stand 10 minutes then stir in the molasses, oil and egg.
- In a large bowl combine the flours, sugar, baking powder, baking soda, nutmeg, salt and orange zest.
- Pour over the buttermilk mixture and the cranberries and stir gently, just until combined.
- Spoon into greased muffin tins.
- Bake at 375°F for 20-25 minutes.



Substitutes

Sour Milk - Fresh Milk

For 1 cup, place 1 tablespoon lemon juice or vinegar in bottom of a measuring cup. Add enough milk to make 1 cup. Stir and let mixture curdle, about 5 min.

Cocoa - Chocolate

One square (1 ounce) of chocolate equals three tablespoons of cocoa and one tablespoon of butter.

Brown Sugar

One cup of firmly packed brown sugar equals 1 cup of granulated sugar plus 1 tablespoon of molasses.

Molasses

One cup of molasses equals 3/4 cup of sugar. In baking, decrease liquid by 1/4 cup for each cup of molasses. Omit any baking powder and add 1/2 teaspoon of baking soda.

Baking Powder

One teaspoon of baking powder equals 1/4 teaspoon of baking soda plus 3/8 teaspoon of cream of tartar.

Powdered Milk - Fresh Milk

One cup fresh milk equals four tablespoons powdered milk and one cup of water. When powdered milk is to be used, it is convenient to combine it with flour and other dry ingredients and then add the required quantity of water at the point where the use of fresh milk is called for.

Measuring Equivalents

1 tablespoon = 3 teaspoons	1 kg = 2.2 lbs
2 tablespoons = 1 ounce	1 cup = 1/2 pint
16 tablespoons = 1 cup	1 teaspoon = 5 ml
1 cup = 8 ounces	1 tablespoon = 15 ml
1 cup = 250 ml	1 litre = 35 ounces

More About Molasses

Fancy Molasses

The highest grade of molasses available, fancy molasses is the pure juice of the sugar cane, condensed, inverted and purified. It is 100% natural and contains no additives or preservatives. It is lighter in colour than the other molasses products, and the flavour is tangy sweet. All the recipes in this cook book are made with fancy molasses.



Cooking Molasses

Cooking molasses is a blend of blackstrap and fancy molasses. It is thicker and darker than fancy molasses - less sweet, with a more "full-flavoured" taste. Any product made with cooking molasses will have a much more robust "molasses" flavour than if fancy molasses is used.



Blackstrap Molasses

Blackstrap molasses is the highly-concentrated, final by-product of the refined sugar manufacturing process. As the sugar crystallizes, the residual cane juice thickens into a dark mass and is separated out through a centrifuge. The resulting molasses is very dark with a robust, somewhat bitter flavour. Like fancy molasses, it is a pure product and contains no added sulphates or sulphites. Blackstrap molasses is recognized for its health benefits and is an excellent source of many minerals and nutrients including iron, magnesium and calcium.



We Don't Add Sulfur

Sulphur dioxide and/or sulfites used to be added to molasses as a preservative or bleaching agent and causes an unpleasant aftertaste. Crosby's does not add sulphur to any of our products.



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