

BAKING + MOLASSES

CROSBY'S



SINCE 1879

cookies

A collection of family favourites, all delicious, wholesome and rich with the sweet flavour of Fancy Molasses.



SOMETIMES SLOW  
IS A GOOD THING

## COOKING WITH CROSBY'S FANCY MOLASSES

In the rush of everyday life, do you find yourself craving the “slow”, those unhurried minutes where you have time to spend with family, friends, or just yourself?

This new collection of recipes is a reminder that cooking can be a way to slow down, to unwind. It's a way to create spaces of calm in a busy life, whether you're making a batch of cookies or a 30-minute meal. And cooking even the simplest recipe is the entree to that other gift of the slow – reconnecting.

Savouring the slow in cooking is really about savouring the whole experience: the preparing and sharing of food that is nourishing in so many ways. So let's upend that notion that food prep is a stressful rush. Instead, think of it as a way to stop and smell the flowers.

With these simple, everyday recipes we're inviting you to unwind around the table, because sometimes slow is a good thing.

Here's to finding the slow in every day.

*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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ANNEMARIE'S CHEWY MOLASSES CHOCOLATE CHIP COOKIES

## ANNEMARIE'S CHEWY MOLASSES CHOCOLATE CHIP COOKIES

Makes about 36 cookies

**Prep.** Preheat oven to 375°F

**Mix.** Cream butter then add sugar, egg, vanilla and molasses. Add dry ingredients. Mix well. Stir in chocolate chips.

**Spoon.** Drop by teaspoonful onto a parchment lined cookie sheet. Bake 8 to 10 minutes.

- ¾ cup butter, softened
- 1 cup sugar
- 1 egg
- 1 tsp vanilla
- ½ cup Crosby's Fancy Molasses
- 2 ¼ cups flour
- 1 tsp baking soda
- 1 tsp baking powder
- ¼ tsp salt
- 1-2 cups chocolate chips (you decide!)



GIANT GINGER COOKIES

## GIANT GINGER COOKIES

Makes 18 giant cookies

**Prep.** Preheat oven to 350°F. Line cookie sheets with parchment paper.

**Whisk.** In a medium bowl, whisk together flour, baking soda, salt and spices. In a large bowl cream butter, brown sugar, and 1/2 cup granulated sugar until light and fluffy.

**Beat.** Beat in molasses and egg.

**Combine.** Gradually stir in flour mixture until just combined. Flatten into a disk, wrap in plastic, and freeze for 20 minutes.

**Divide.** Divide dough into 18 balls. Place remaining 1/3 cup granulated sugar in a bowl. Roll balls in sugar to coat; place at least 4 inches apart on prepared baking sheets (I had about 6 cookies per sheet). Using the bottom of a glass, flatten into 2-inch rounds. Sprinkle with sugar remaining in bowl.

**Bake.** Bake until brown, 12 to 15 minutes. Cool on a wire rack.

- 2 ½ cups flour, spooned in
- 2 ¼ tsp baking soda
- ¼ tsp salt
- 1 Tbsp ginger
- ½ tsp allspice
- ¾ cup butter, room temperature
- ½ cup packed light-brown sugar
- ½ cup sugar, plus ⅓ cup for coating
- 6 Tbsp Crosby's Fancy Molasses
- 1 large egg

## CHOCOLATE GINGERSNAPS



## CHOCOLATE GINGERSNAPS

**Combine.** In a large bowl combine flour, both sugars, baking soda, cornmeal, and cocoa powder.

**Pour.** With the beaters on low add vanilla and butter. Pour in molasses.

**Mix.** Mix until the dough comes together (it will seem very crumbly at first). Stir in candied ginger.

**Refrigerate.** Form dough into a log, wrap in plastic and refrigerate for at least an hour.

**Preheat.** Preheat oven to 325°F.

**Cut.** Cut dough into 1/4" slices and place on a parchment lined cookies sheet.

**Bake.** Bake 10-12 minutes. Cool on the baking sheet.

1/2 cup granulated sugar  
1/2 cup icing sugar  
1 1/2 cups flour  
1/4 cup cornmeal or corn flour  
1/4 tsp baking soda  
1/4 cup unsweetened cocoa powder  
1 cup cold butter, cut into pieces  
1/4 cup Crosby's Fancy Molasses  
1 tsp vanilla extract  
1/4 cup chopped candied ginger

## MOM'S CHEWY HERMIT BARS



## MOM'S CHEWY HERMIT BARS

**Prep.** Preheat oven to 375°F

**Combine.** Combine dry ingredients in a medium bowl.

**Add.** In a large bowl cream the butter and sugar. Add the molasses and then the egg. Combine well then stir in the dry ingredients. When it comes together as a dough add the raisins.

**Divide.** Divide dough in half and form each piece into a 12" log. Place in a parchment lined baking sheet a few inches apart. Flatten the logs slightly.

**Bake.** Bake 15- 18 minutes.

**Cool & Cut.** Remove from oven, cool on the pan and cut into strips on the diagonal.

2 cups + 2 Tbsp flour  
2 tsp baking soda  
2 tsp cinnamon  
2 tsp ginger  
1/4 tsp cloves  
1/4 tsp salt  
1/2 cup butter  
1 cup brown sugar  
1/4 cup Crosby's Fancy Molasses  
1 large egg  
3/4 cup raisins (or dried cranberries)

**Glaze:**

1/2 cup icing sugar  
1 Tbsp milk

## CHOCOLATE SPICE HERMIT BARS

**Prep.** Preheat oven to 375°F.

**Blend.** Cream butter and sugar until fluffy. Add the egg and blend, then add the molasses.

**Mix.** In a separate bowl combine the dry ingredients. Add the dry to the wet and mix thoroughly. Stir in the chocolate chips.

**Form.** Divide dough in half and form into two logs about 12" long. Lay on a parchment-lined baking sheet, spaced at least 3" apart (they flatten as they bake).

**Bake.** Bake for about 18 minutes.

**Glaze:**

**Blend.** Blend together and thin with a drop more milk if it's too thick.

**Drizzle.** Drizzle over the cooked, cooled strips.

**Cut.** Allow to harden before cutting into bars.

2 cups flour  
 2 tsp baking soda  
 ¼ tsp salt  
 2 tsp cinnamon  
 2 tsp ginger  
 1 ½ tsp cloves  
 2 Tbsp cocoa  
 ½ cup + 1 Tbsp soft butter  
 1 cup brown sugar  
 1 egg  
 ¼ cup Crosby's Fancy Molasses  
 ¾ cup chocolate chips

**Glaze:**

½ cup icing sugar  
 1 Tbsp milk

## CHOCOLATE MOLASSES CRINKLE COOKIES

Makes 36 Cookies

**Line.** Line two baking sheets with parchment.

**Sift.** In a medium bowl, sift together flour, ground ginger, cinnamon, cloves, nutmeg, and cocoa.

**Beat.** In another bowl beat butter and brown sugar until combined. Add molasses and beat until combined.

**Dissolve.** In a small bowl, dissolve baking soda in 1 ½ teaspoons boiling water.

**Beat.** Beat half of flour mixture into butter mixture.

**Beat.** Beat in baking-soda mixture, then remaining half of flour mixture. Mix in chocolate chips

**Roll.** Chill if you have time. Roll dough into 1 ½ - inch balls; roll in granulated sugar.

**Bake.** Bake at 325°F until the surfaces crack slightly, 10 to 12 minutes.

1 ½ cups plus 1 Tbsp flour  
 1 ¼ tsp ground ginger  
 1 tsp ground cinnamon  
 ¼ tsp ground cloves  
 ¼ tsp ground nutmeg  
 1 Tbsp unsweetened cocoa powder  
 ½ cup butter  
 ½ cup brown sugar, packed  
 ¼ cup Crosby's Fancy Molasses  
 1 tsp baking soda  
 1 ½ tsp boiling water  
 ¼ cup granulated sugar (for rolling)  
 ½ cup chocolate chips



## KATIE'S FAT MOLASSES COOKIES

**Prep.** Preheat oven to 375°F.

**Cream.** In a large bowl cream butter, sugar and eggs.

**Combine.** In another bowl combine dry ingredients.

**Add.** Add dry to creamed mixture, alternating with molasses and milk.

**Roll.** Roll or pat out on a lightly floured surface, keeping the dough thick (up to 1 cm).

**Cut.** Cut in favourite shapes.

**Bake.** Bake 375°F for 10 to 15 minutes (watch closely after 10 minutes)

4 ¾ cups of flour  
 2 tsp baking soda  
 3 tsp ginger or cinnamon  
 1 cup butter  
 1 cup brown sugar  
 2 eggs  
 ⅓ cup milk  
 1 cup Crosby's Fancy Molasses



OLD FASHIONED ICE-BOX GINGERSNAPS

## OLD FASHIONED ICE-BOX GINGERSNAPS

**Mix.** Mix in order given.

**Freeze.** Form into three logs and freeze or refrigerate until needed.

**To bake:**

**Prep.** Preheat oven to 350°F. Line two baking sheets with parchment paper.

**Slice.** Slice 1/4" thick. Remove from freezer (or fridge) about 15 minutes before slicing.

**Bake.** Bake about 10 minutes. Watch closely – you want them to be crispy but not too dark.

(Sandwich with frosting for an extra treat.)

1 cup butter  
 ⅓ cup brown sugar  
 ⅔ cup Crosby's Fancy molasses  
 3 cups flour  
 2 tsp. baking soda  
 ½ tsp. salt  
 2 tsp. ginger  
 1 tsp. cinnamon  
 ½ tsp. cloves  
 ¼ tsp. nutmeg or allspice



BAKERY-STYLE MOLASSES COOKIES

## BAKERY-STYLE MOLASSES COOKIES

Makes 20-22 cookies

**Prep.** Preheat oven to 375°F. Line baking sheets with parchment paper.

**Mix.** Melt butter in a medium-sized pot. When just melted remove from heat and stir in the white and brown sugar. Stir in the molasses then the egg, mixing well.

**Combine.** Stir in flour, baking soda, cinnamon, ginger, cloves, and salt just until combined.

Place rolling sugar in a small bowl.

**Scoop.** Scoop dough by the tablespoonful and roll into balls. Roll in sugar and set on prepared sheet, about 2" apart.

**Bake.** Bake 10-12 minutes. Once set, remove to wire racks and let cool completely.

½ cup butter  
⅓ cup sugar  
¼ cup (packed) dark brown sugar  
½ cup Crosby's Fancy Molasses  
1 egg  
2 cups flour, spooned in  
2 tsp baking soda  
1½ tsp cinnamon  
1 tsp ginger  
½ tsp cloves  
¼ tsp salt  
Sugar for rolling



PEANUT BUTTER MOLASSES COOKIES

## PEANUT BUTTER MOLASSES COOKIES

Makes about 2 1/2 dozen cookies

**Prep.** Preheat oven to 325°F. Line cookie sheets with parchment paper.

**Whisk.** In a large bowl, whisk together 2 cups of the flour, baking soda, cinnamon, ginger, cloves, and salt. In another large bowl, beat together the molasses, butter, peanut butter brown sugar until smooth. Beat in the egg.

**Combine.** Stir in the flour mixture a cup at a time and mix until combined. (Add extra ¼ cup of flour if dough seems too soft).

**Shape.** Shape the dough into 1 ½ inch balls and place about 2 inches apart on the cookie sheets. Press with the tines of a fork in a criss-cross pattern.

**Bake.** Bake 11-13 minutes or until edges are firm.\*

\*If you're adding the chocolates: When there are 5 minutes left, remove the pan from the oven and quickly place the chocolates. Return pan to the oven to finish baking.

2 to 2 ¼ cups flour  
2 tsp baking soda  
1 tsp cinnamon  
1 tsp ginger  
½ tsp cloves  
¼ tsp salt  
¼ cup Crosby's Fancy Molasses  
¼ cup butter, softened  
½ cup peanut butter  
1 cup packed brown sugar  
1 egg  
30 chocolate "kisses"  
or "hugs" (optional)\*

## AUNT MARCIA'S SOFT MOLASSES THUMBPRINT COOKIES

Makes 2 ½ to 3 dozen.

**Prep.** Preheat oven to 350°F and line cookie sheets with parchment paper.

**Combine.** In a large bowl cream butter and sugar. Add egg and beat well. Add molasses and tea mixture and beat until well combined.

**Mix.** In another bowl combine the ginger, cream of tartar and flour (start with 2 ½ cups). Add dry to wet ingredients and mix well.

**Knead.** Scrape dough out onto a lightly floured counter and gently knead in additional flour until the dough is no longer sticky. Roll out ¼" thick and cut into rounds.

**Fill.** With your thumb press a gentle dent in the top of the cookie and fill with ½ tsp of jam.

**Bake.** Bake for 10-14 minutes.

¾ cup brown sugar  
½ cup butter  
1 egg  
½ cup Crosby's Fancy Molasses  
¼ cup strong tea with 1 ½ tsp  
baking soda  
1 ½ tsp ginger  
½ tsp cream of tartar  
¼ tsp salt  
2 ½ - 3 cups flour  
(plus more for rolling out)  
Jam (optional)

## PUMPKIN OATMEAL COOKIES

**Prep.** Preheat oven to 350°F.

**Whisk.** In a large bowl, whisk flour, rolled oats, baking soda, cinnamon, pumpkin pie spice, and salt.

**Whisk.** In a medium bowl whisk the melted butter with molasses, brown sugar, and white sugar. Whisk in the egg yolk then the pumpkin and vanilla. Mix until well combined.

**Stir.** Add pumpkin mixture to bowl of dry ingredients and stir until combined. Stir in chocolate chips and cranberries.

**Drop.** You will have a thick, sticky dough. Drop dough by the spoonful (2-3 Tbsp.) onto a parchment-lined baking sheet and spread it a bit with the back of the spoon.

**Bake.** Bake for about 15 minutes or until cookies feel set in the centre.

This is a soft cookie. If you'd like them a bit firmer bake them longer.

2 cups + 1 Tbsp flour, spooned in  
 1 ½ cups old-fashioned rolled oats  
 1 tsp baking soda  
 2 tsp cinnamon  
 1 tsp ginger  
 ¼ tsp nutmeg  
 ¼ tsp allspice  
 ½ tsp salt  
 1 cup butter, melted  
 ¼ cup Crosby's Fancy Molasses  
 ¾ cup brown sugar  
 ½ cup sugar  
 1 egg yolk  
 ¾ cup pumpkin puree  
 (not pumpkin pie filling)  
 1 tsp vanilla  
 ¾ cup chocolate chips  
 ¾ cup dried cranberries

## CHEWY COCONUT CRANBERRY GRANOLA BARS

*Makes 18 generous bars*

**Prep.** Line a 9"x9" pan with parchment paper or grease it well.

**Combine.** In a large bowl combine oats, coconut, sunflower seeds, pumpkin seeds, flax and dried cranberries.

**Simmer.** In a medium saucepan over medium low heat, combine the molasses and peanut butter (or almond butter). Bring just to a simmer and remove from heat. Stir in vanilla and coconut oil.

**Stir.** Pour molasses mixture over oats-seed mixture and stir until well combined.

**Spread.** Scrape mixture into prepared pan, spread it evenly and press into pan as firmly as possible.

**Melt.** Melt chocolate and spread on top. Refrigerate until firm.

**Cool.** Cut into bars. Store in a cool place.

2 cups rolled oats, pulsed in the food processor a few times  
 ¾ cup unsweetened coconut flakes  
 ½ cup sunflower seeds  
 ½ cup pumpkin seeds  
 1 Tbsp ground flax  
 ½ cup dried cranberries, coarsely chopped  
 ½ cup Crosby's Fancy Molasses  
 ½ cup creamy natural peanut butter or almond butter  
 2 tsp coconut oil  
 1 tsp vanilla  
 ½ cup chocolate chips to melt and spread on top (optional)



## NO-FUSS CRISPY CRANBERRY ALMOND GRANOLA BARS

*Makes 18 generous bars*

**Prep.** Line a 9"x9" pan with parchment paper or grease it well.

**Combine.** Combine the oats, rice cereal, cranberries and almonds in a large bowl.

**Melt.** Melt butter, molasses and brown sugar in a saucepan over medium heat.

**Boil.** Bring to a gentle boil and cook 2 minutes. Remove from heat and stir in vanilla extract (it will sputter).

**Stir.** Pour hot syrup over the oat mixture and stir to combine.

**Cool.** Allow to cool for a minute then stir in chopped chocolate. Press mixture firmly (and I mean firmly) into prepared pan and ensure it gets right to the edges. (Try laying a sheet of parchment paper overtop to make it easier to press down).

**Refrigerate.** Refrigerate until set and cut into bars.

2 cups old fashioned rolled oats  
 2 cups crisp rice cereal  
 ½ cup dried cranberries  
 1 cup whole almonds, toasted  
 ⅓ cup butter  
 ⅓ cup Crosby's Fancy Molasses  
 ⅓ cup brown sugar, packed  
 ½ tsp vanilla extract  
 4½ oz (125 grams) coarsely  
 chopped dark chocolate



## ALMOND BUTTER ENERGY BARS

Makes 36 bars

**Prep.** Preheat oven to 275°F

**Mix.** Mix oats, bran, coconut, seeds, almonds, raisins, wheat germ or flax and chocolate chips in large bowl.

**Combine.** In a saucepan, combine molasses, oil, sugar and almond butter. Cook over medium-low heat until sugar dissolves and mixture is smooth. (Stir constantly)

**Stir.** In a small dish, combine milk, vanilla and baking soda. Stir into molasses mixture and remove from heat.

**Stir.** Pour molasses-milk mixture over dry mixture and stir until dry ingredients are moist. Scrape mixture into a 9"x13" pan. Press mixture firmly into pan.

3 cups quick rolled oats  
 1 cup natural bran  
 1 cup unsweetened coconut  
 1 cup sunflower seeds  
 ½ cup pumpkin seeds  
 ½ cup chopped almonds  
 ½ cup raisins or dried cranberries  
 ¼ cup wheat germ or ground flax  
 ½ cup chocolate chips  
 ½ cup Crosby's Fancy Molasses  
 ½ cup vegetable oil  
 ½ cup brown sugar  
 ½ cup almond butter (or peanut butter)  
 1 Tbsp milk  
 2 tsp vanilla  
 ¾ tsp baking soda

**Bake.** Bake 30-35 minutes. Let cool, cut into bars and store in the refrigerator.



## DARK CHOCOLATE COCONUT MOUNDS

Makes about 18 tablespoon-sized mounds

**Pulse.** Pulse the coconut in a blender or food processor a few times so it looks a bit like almond flour.

**Whisk.** In a medium bowl whisk the melted coconut oil with the molasses, honey, vanilla and salt.

**Stir.** Scrape coconut into the bowl with the oil mixture. Stir until well combined.

**Form.** To shape the mounds, scoop the mixture into a one-tablespoon measuring spoon and press it firmly into the spoon until the top is flat. Nudge the mound out of the measuring spoon and place on a parchment-lined baking sheet, flat side down.

**Cool.** Refrigerate for 30 minutes or until you have time to do the chocolate dipping.

**Coat.** Melt the chocolate slowly in a double boiler. Drop each mound into the melted chocolate, flip to coat and remove with a large fork. Place on the cookie sheet flat side down.

**Sprinkle.** Sprinkle over some coconut and refrigerate until chocolate has hardened. Store in the refrigerator.

2 ½ cups unsweetened coconut  
 (medium shred)  
 ¼ cup coconut oil, melted  
 3 Tbsp Crosby's Fancy Molasses  
 1 Tbsp honey or maple syrup  
 1 ½ tsp vanilla  
 ¼ tsp sea salt  
 150-200 grams of dark chocolate  
 for dipping (can use chocolate chips)  
 Extra coconut for sprinkling

## CARROT CAKE COOKIES

Makes about 24 cookies

**Prep.** Preheat oven to 350°F and line cookie sheets with parchment paper.

**Combine.** In a large bowl cream the butter with the sugars and salt. Beat in the egg then the molasses.

**Whisk.** In another bowl whisk the flour, flax, baking soda, baking powder and cinnamon.

**Stir.** Add flour mixture to creamed mixture and stir until just combined. Stir in the oats, coconut and carrots.

**Chill.** Combine well and chill for 30 minutes.

**Bake.** Scoop dough by the tablespoonful onto baking sheet. Place about 1 ½ inches apart. Bake for 12-15 minutes.

**When cooled, sandwich Carrot Cake Cookies with Molasses Frosting:**

**Cream.** Cream butter and molasses. Stir in the vanilla and half of the milk then ½ cup of icing sugar.

**Add.** Add remaining milk and another ½ cup icing sugar.

**Mix.** Continue adding icing sugar 2 Tbsp. at a time until you get a nice spreadable consistency.

½ cup butter, softened  
 ⅓ cup light brown sugar  
 ⅓ cup white sugar  
 ¼ tsp salt  
 1 tsp vanilla  
 1 egg  
 2 Tbsp Crosby's Fancy Molasses  
 1 ¼ cups flour, spooned in  
 (can use half spelt or whole wheat)  
 2 Tbsp ground flax or wheat germ  
 ½ tsp baking soda  
 ½ tsp baking powder  
 ½ tsp cinnamon  
 ½ cup rolled oats  
 ½ cup unsweetened shredded coconut  
 ¾ cup grated carrots

2 Tbsp. soft butter  
 ½ Tbsp. Crosby's Fancy Molasses  
 ½ tsp. vanilla  
 1 Tbsp. milk or cream  
 1 cup icing sugar  
 (plus more as required)

## BEAR PAWS

Makes about 20 cookies

**Prep.** Preheat oven to 400°F and line cookie sheets with parchment paper.

**Beat.** In a large bowl cream butter and sugar. Beat in molasses and egg.

**Whisk.** In a separate bowl whisk the flour, spices, and salt.

**Combine.** Combine the hot water and baking soda in a little cup. Pour into the butter mixture and stir to combine.

**Add.** Add the dry ingredients and stir until incorporated.

### **To make the paws:**

Using a medium cookie scoop or a tablespoon, make the middle of the paws and then use a teaspoon measure to make four toes. This will be a little messy but will get easier once you have done a few.

Bake in the preheated oven for 8-10 minutes. Let cookies cool for a few minutes before transferring to a rack to cool completely.

½ cup butter, softened  
 ½ cup sugar  
 ¾ cup Crosby's Fancy Molasses  
 1 large egg  
 ¼ cup hot water  
 2 tsp baking soda  
 3 cups flour, spooned in  
 (can use half whole grain)  
 ½ tsp ground ginger  
 ½ tsp ground cinnamon  
 ¼ tsp salt

## SANDRA'S REALLY GOOD MOLASSES COOKIES

**Prep.** Preheat oven to 350°F.

**Cream.** In a large bowl cream butter and sugar until fluffy.

**Mix.** Add eggs one at a time, mixing well after each addition.

**Mix.** Mix in molasses and balsamic vinegar.

**Whisk.** In another bowl, whisk dry ingredients.

**Mix.** Add dry ingredients to creamed mixture about a cup at a time, mixing well. Stir in candied ginger.

**Form.** Form into 1 1/2" balls. Roll in sugar.

Place on parchment lined cookie sheet 2" apart. Bake for about 10 minutes. (They puff up in the oven, but flatten as they cool.)

2 cups sugar (plus more for rolling)  
 1 cup butter  
 1/2 cup Crosby's Fancy Molasses  
 2 eggs  
 1 Tbsp balsamic vinegar  
 2 1/2 cups all-purpose flour  
 1 cup whole wheat pastry flour (or AP flour)  
 2 tsp baking soda  
 2 tsp ginger  
 1 tsp cloves  
 1 tsp cinnamon  
 1/2 tsp cardamom  
 1/3 cup chopped candied ginger

## GRAHAM CRACKERS

**Combine.** Combine dry ingredients in a medium bowl.

**Cream.** In another bowl cream butter, sugar, molasses, milk and vanilla.

**Combine.** Combine wet with dry and mix well. (Chill for 30 min or more, if you have time.)

**Roll.** Divide dough into four pieces and roll out into rectangles. (Roll each piece between sheets of parchment paper if necessary, to get it cracker-thin). Move rectangle to a parchment lined baking sheet.

**Score.** Repeat with remaining three pieces of dough, score into cracker-sized pieces and freeze until firm.

**Pierce.** Remove from freezer, pierce with tines of a fork.

**Bake.** Bake at 350°F for 8-9 minutes. Watch closely.

1 1/2 cups flour  
 1 cup whole wheat flour  
 1/2 cup wheat germ  
 1 tsp baking soda  
 1/2 tsp cinnamon  
 1 cup butter  
 3/4 cup brown sugar  
 2 Tbsp Crosby's Fancy Molasses  
 1 Tbsp milk  
 1 tsp vanilla

## MORE ABOUT OUR 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 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

Crosby's does not add sulphur to any of our products.

## MOLASSES 100% NATURAL

- Tasty & nutritious
- Made from pure sugarcane
- A source of iron, magnesium and potassium
- No preservatives
- Gluten free
- Non-GMO

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