

BAKING + MOLASSES

CROSBY'S



SINCE 1879

# BAKING WITH APPLES

17 Tasty Recipes for Fall



SOMETIMES SLOW  
IS A GOOD THING

# COOKING WITH CROSBY'S FANCY MOLASSES

I consider homemade muffins to be the ideal snack food. When you make your muffins from scratch you get to decide how healthy you want them to be. You can include whole grain flour, dried fruit, ground flax or wheat germ. You can use butter or a healthier oil, toss in some nuts or seeds. You can add pureed or grated fruit or vegetables.

The options for wholesome muffins are endless, as you'll see in this collection of 20 recipes. Here you'll find recipes for classic bran muffins, banana muffins, four different kinds of blueberry muffins and more. A bit of the nutritious with the delicious.

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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APPLE GINGERBREAD

## APPLE GINGERBREAD

- In a medium bowl whisk the flour, baking soda, ginger, cinnamon, cloves, and salt.
- In another bowl whisk oil, molasses, brown sugar, egg, vanilla and  $\frac{1}{2}$  cup boiling water.
- Add the flour mixture and stir just until combined. Gently fold in the apples.
- Scrape batter into a greased and floured 9" round cake pan.
- Bake at 350°F for 45 minutes (or until a tester comes out clean)
- Best eaten on the day it's made.

$\frac{1}{2}$  cup oil  
2 cups flour  
1  $\frac{1}{2}$  tsp baking soda  
1 tsp ginger  
1 tsp cinnamon  
 $\frac{1}{2}$  tsp cloves  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  cup Crosby's Fancy Molasses  
 $\frac{1}{2}$  cup brown sugar  
1 egg  
1 tsp vanilla  
 $\frac{1}{2}$  cup boiling water  
4 tart apples peeled and cut into  
 $\frac{1}{2}$  inch chunks



APPLE SPICE MUFFIN CAKE

## APPLE SPICE MUFFIN CAKE

- In one bowl place sifted dry ingredients.
- In another bowl beat applesauce, molasses, eggs, and soft butter.
- Combine wet and dry ingredients.
- Beat well by hand or with an electric beater for 3 minutes.
- Pour into greased and floured 9" round or square cake pan and bake at 350°F for 30-35 minutes, until a tester comes out clean.
- Cool 10 minutes then remove from pan to finish cooking.
- To serve, dust with icing sugar and cut into wedges.

$\frac{2}{3}$  cup sugar  
(can be reduce to  $\frac{1}{2}$  cup)  
1 cup unsweetened applesauce  
(make your own from local apples)  
 $\frac{1}{2}$  cup Crosby's Fancy Molasses  
2 eggs well beaten  
 $\frac{1}{2}$  cup soft butter  
 $\frac{1}{4}$  tsp salt  
 $\frac{3}{4}$  tsp baking soda  
1 tsp cinnamon  
 $\frac{1}{2}$  tsp nutmeg  
2 cups flour (stone ground spelt  
or whole white, if you have it)



APPLE CAKE WITH MOLASSES CIDER GLAZE

## APPLE CAKE WITH MOLASSES CIDER GLAZE

### For cake:

- In one bowl, sift flour, baking soda, spices and salt.
- In another bowl whisk oil and sugar. Whisk in eggs, one at a time.
- Whisk in applesauce and vanilla.
- Add flour mixture, stirring just until combined. (One tip: take care not to overwork the batter.)
- Stir in apples and walnuts.
- Scrape into a greased 8" baking pan. (Lining the bottom with parchment paper will make for extra easy removal.)
- Bake 40-45 minutes at 325°F.

### For glaze:

- Bring ingredient to a gentle boil, and stir for one minute.
- While cake is still warm remove from pan and place on a cooling rack. Poke holes in the cake with a skewer. Brush glaze over warm cake.
- Serve warm drizzled with any leftover glaze.

*1 ½ cups flour*  
*½ tsp baking soda*  
*1 tsp cinnamon*  
*1/2 tsp nutmeg*  
*1/4 tsp salt*  
*½ cup oil*  
*¾ cup sugar*  
*2 eggs*  
*¼ cup applesauce*  
*1 tsp vanilla*  
*1 ½ cups peeled apples cut into 1" dice*  
*½ cup walnut pieces*

### Glaze:

*2 Tbsp Crosby's Fancy Molasses*  
*1 tbsp cider*  
*1 tbsp butter*



WHOLE WHEAT APPLESAUCE CAKE

## WHOLE WHEAT APPLESAUCE CAKE (ADAPTED FROM MARTHA STEWART EVERYDAY FOOD)

- In a large bowl whisk together flour, baking soda, salt and spices.
- In another bowl beat butter, brown sugar and molasses until fluffy.
- Add eggs, one at a time.
- Gradually add flour mixture, beating just until combined.
- Blend in applesauce.
- Spoon into a 9 inch tube pan that has been greased and floured.
- Smooth the top.
- Bake at 350°F for 50 min to an hour, until the cake is pulling away from the side of the pan and a tester comes out clean.
- Run a knife around the edge of the cake to loosen it from the pan.
- Cool on a rack for 10 minutes then remove from the pan.
- Cool completely before serving, if you can wait that long.

*3 cups flour*  
*(½ whole wheat or spelt)*  
*2 tsp baking soda*  
*1 tsp salt*  
*1 ½ tsp cinnamon*  
*1 ¼ tsp cardamom*  
*1 cup butter, softened*  
*2 cups packed light brown sugar*  
*¼ cup Crosby's Fancy Molasses*  
*2 eggs*  
*2 cups applesauce*



APPLE CRANBERRY CRISP

## APPLE CRANBERRY CRISP

### For the filling:

- Place the apples and cranberries in a medium casserole dish.
- Pour over the molasses, sprinkle with cinnamon and dab with the butter.

### For the topping:

- Combine the flour, rolled oats and brown sugar.
- Add butter and mix together into a crumble.
- Sprinkle the crumble mixture over the apples.
- Bake at 375°F for about 35 minutes, until apples are soft.
- Serve hot or warm.

### Filling:

5-6 apples, peeled and sliced  
½ cup cranberries (fresh or frozen)  
½ cup Crosby's Fancy Molasses  
½ tsp cinnamon  
1 Tbsp butter for dabbing

### Topping:

1 cup flour  
1 cup rolled oats  
½ cup brown sugar  
½ cup butter, softened



HEALTHY APPLESAUCE GRANOLA

## HEALTHY APPLESAUCE GRANOLA

- Preheat the oven to 300°F and line a large sided cookie sheet with parchment paper.
- In a large bowl stir together the oats, sunflower seeds, coconut, pumpkin seeds, salt & cinnamon. (The dried cranberries are added after the granola has cooked.)
- In a medium bowl whisk the applesauce with the molasses and oil.
- Stir the wet mixture into the dry, making sure to coat the rolled oats well.
- Spread evenly in prepared pan. Bake for 45 minutes, stirring every 15 minutes. If it still needs to dry out a bit leave it in the oven, turn the oven off and check it after five minutes, then 10 minutes.
- Remove from oven, stir in the dried cranberries. Cool completely before packing it in a container.

4 cups old-fashioned (large flake) rolled oats  
½ cup sunflower seeds  
½ cup unsweetened flaked coconut (or shredded)  
½ cup pumpkin seeds  
½ tsp salt  
½ tsp cinnamon  
¾ cup applesauce  
½ cup Crosby's Fancy Molasses  
3 Tbsp olive, canola or grape seed oil  
½ cup dried cranberries



## APPLE OATMEAL PANCAKES

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# APPLE OATMEAL PANCAKES

SERVES 4

- In a large bowl combine the rolled oats, flour, flax, baking soda and salt.
  - In another bowl, beat the egg with the molasses and sugar. Whisk in the oil and milk.
  - Add wet mixture to dry and stir until combined.
  - Stir in the grated apple.
  - Heat griddle over medium and grease with oil. Drop batter into pan by 1/3 cup measure. Top with thinly sliced apple. When edges are set and bubbles start to form on top, flip and cook until done.
  - Place cooked pancakes in a warm oven until ready to eat, or cool on a wire rack and freeze.
- 1/2 cup plus 2 Tbsp quick oats (not instant)*
  - 1 cup whole wheat or spelt flour*
  - 1 Tbsp ground flax, oat bran or wheat germ*
  - 1/2 tsp baking soda*
  - 1/2 tsp salt*
  - 1 egg, beaten*
  - 2 Tbsp Crosby's Fancy Molasses*
  - 1 Tbsp sugar (optional)*
  - 3 Tbsp oil*
  - 1 cup buttermilk or sour milk*
  - 1 small to medium apple, scrubbed and grated (skin on)*
  - Apple slices for garnish (optional)*



## HEALTHY KITCHEN SINK MUFFINS

# HEALTHY KITCHEN SINK MUFFINS

ADAPTED FROM *THE PIONEER WOMAN*

- 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
- 1 cup whole wheat or spelt flour (spooned in)*
  - 1/2 cup flour (spooned in)*
  - 1/4 cup ground flaxseed*
  - 1 cup rolled oats (not instant)*
  - 1/2 cup brown sugar, packed*
  - 1/2 tsp salt*
  - 1 tsp baking soda*
  - 2 tsp baking powder*
  - 1/2 tsp ground cinnamon*
  - 1/2 cup walnuts, roughly chopped*
  - 1/2 cup dried cranberries or dried cherries or*
  - 1 cup buttermilk\**
  - 1 egg*
  - 1 tsp vanilla*
  - 1 banana, mashed*
  - 1/2 cup applesauce*
  - 1/4 cup Crosby's Fancy Molasses*

A close-up photograph of several golden-brown apple cinnamon muffins with visible chunks of apple and molasses. They are arranged on a white ceramic plate with a decorative floral pattern around the edge. A red and white checkered cloth is partially visible in the top left corner.

APPLE CINNAMON MUFFINS WITH MOLASSES

## APPLE CINNAMON MUFFINS WITH MOLASSES

MAKES 12 REGULAR SIZED MUFFINS

- 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.

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

\*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.

A close-up photograph of several golden-brown apple chai muffins with visible chunks of apple and oats. They are arranged on a silver metal wire cooling rack. The background is a light-colored surface.

APPLE CHAI MUFFINS

- 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.

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

## WAYNE'S WHOLE WHEAT APPLESAUCE SNACK CAKE

- Preheat oven to 350°F.
- Butter a 9" x 13" baking pan or line it with parchment paper
- In a medium bowl whisk together the dry ingredients.
- In a large bowl beat the butter with the sugar until creamy. Beat in eggs, one at a time, then applesauce. Add molasses and vanilla and mix until well combined.
- Gradually add the dry ingredients and beat until well combined. Stir in raisins, if using.
- Spread in prepared pan and bake for 25-30 minutes until done.
- Cool in pan for 10 minutes then upend on a wire rack
- Dust with powdered sugar before serving if desired.

1 cup brown sugar  
 ½ cup butter, softened  
 2 large eggs  
 1 ¼ cups applesauce  
 ½ cup Crosby's Fancy Molasses  
 1 tsp vanilla  
 1 ½ cups flour (spooned in)  
 1 cup whole wheat or spelt flour (spooned in)  
 1 tsp baking soda  
 1 tsp cinnamon  
 ¼ tsp allspice  
 ¼ tsp salt  
 ½ cup raisins or chocolate chips (optional)

## GINGER PEAR APPLE CRISP

- In a large bowl toss the pears and apples with the flour then add the molasses, lemon juice and ginger.
- In another bowl whisk the rolled oats, flour, brown sugar and ginger. Pour over the melted butter and stir until well blended.
- Scrape the pear mixture into a good-sized casserole dish (high-sided for a deeper crisp) and top with the flour mixture.
- Bake at 350°F for 50-60 minute or until filling starts to bubble up. (Actual cooking time will depend on the depth of your baking dish.)

### Filling:

4 pears, peeled and chopped  
 2 apples (not too crisp) peeled and chopped\*  
 2 Tbsp flour  
 ½ cup Crosby's Fancy Molasses  
 2 tsp lemon juice  
 ¼ tsp ginger

### Topping:

1 cup rolled oats  
 1 cup flour  
 ½ tsp ginger  
 ⅓ - ½ cup brown sugar  
 ½ cup butter, melted  
 \*Can replace apples with additional pears





## CRANBERRY SAUCE WITH APPLE

(ADAPTED FROM THE NEW YORK TIMES COOKBOOK)

- In a medium pot combine the cranberries, sugar, molasses and apples.
- Cover and place on medium heat, stirring from time to time.
- Bring to a boil and cook for about 10 minutes, stirring often.
- Uncover, turn the heat down to a simmer and cook another 15 minutes.
- Stir in the spices.
- Mixture will thicken as it cools but cook it a little longer if you prefer a thicker sauce.
- Store in the refrigerator.
- This cranberry sauce will last for three months.

*1 pound of cranberries,  
picked over and washed*  
*1 ½ cups sugar*  
*½ cup Crosby's Fancy Molasses*  
*2 apples, peeled, cored and diced*  
*½ tsp cinnamon*  
*¼ tsp allspice*  
*¼ tsp ground cloves*

## SPICED APPLE BARBECUE SAUCE

ADAPTED FROM FOOD & DRINK

- In a deep pot melt butter over medium heat. Saute onion, salt and spices until onion is softened.
- Stir in apples, molasses, sugar, tomato paste, water and vinegar.
- Turn heat up to high and bring to a boil. Reduce heat and simmer for 20 minutes, until apples are soft.
- Mash or puree. Simmer 15 minutes longer for a thicker sauce.

*1 Tbsp butter or olive oil*  
*1 small onion, diced*  
*½ tsp salt*  
*¼ tsp cinnamon*  
*¼ tsp cayenne*  
*Pinch of cloves*  
*3 apples, peeled and chopped*  
*(about 3 cups)*  
*¼ cup Crosby's Fancy Molasses*  
*¼ cup, packed, brown sugar*  
*1 small can tomato paste (156 ml)*  
*1 cup water or beer*  
*½ cup cider vinegar*



## SWEDISH APPLE PIE



## SWEDISH APPLE PIE

SERVES 8-10

- Preheat oven to 350°F.
- Fill a deep 10" pie dish with the sliced apples. Sprinkle with cinnamon and drizzle over the molasses.
- In a medium saucepan over medium heat, melt butter. Remove from heat and whisk in sugar, flour, egg, salt and ginger.
- Pour over apples, covering as evenly as possible.
- Bake until crust is golden brown and crisp, 45 minutes to 1 hour.

*5 apples, peeled, cored and cut into 1/2"-thick wedges*  
*2 Tbsp Crosby's Fancy Molasses*  
*1 tsp cinnamon*  
*1 cup sugar*  
*3/4 cup butter*  
*1 cup all-purpose flour*  
*(can use half whole wheat)*  
*1 large egg*  
*1/4 tsp salt*  
*1/4 tsp ginger*

## APPLE SAGE BAKED BEANS



## APPLE SAGE BAKED BEANS

- Soak 2 cups of dried navy or white beans in water overnight.
- The next day, drain the beans, put them in a pot and cover with water. Bring to a boil, and simmer for 45 minutes.
- Fry the bacon (if using), discard pan drippings and roughly chop.
- Drain the beans and put them in a large ovenproof pot with a tight fitting lid, or a bean crock. Add the bacon, chopped carrot, onion and apple.
- Mix together the molasses, maple syrup, Dijon, sage, garlic, salt, pepper and water and pour over the beans. (Add additional water, if required, so beans are just covered.)
- Cover the pot and cook at 275°F for 4-6 hours, until tender. Stir occasionally and add water if necessary so the beans do not dry out. Take the lid off for the last hour of cooking to help the beans brown and to thicken the sauce.

*2 cups dried white beans*  
*1 slice bacon (omit for vegetarian/vegan version)*  
*1 onion, chopped*  
*1 carrot, chopped*  
*2 apples, peeled and cut in chunks*  
*1/2 cup Crosby's Fancy Molasses*  
*1/2 cup maple syrup*  
*1 Tbsp Dijon mustard*  
*1-2 Tbsp chopped fresh sage*  
*(or 1/2-1 Tbsp dried)\**  
*2 cloves garlic, minced*  
*1/2 tsp salt*  
*Generous pinch of pepper*  
*1 1/2 cups water*

*\*Can substitute thyme.*

## UPSIDE DOWN APPLE GINGERBREAD

- Preheat the oven to 325°F
- Put the 1 Tbsp. and 1 tsp. of butter in a high-sided 9" pan and place it in the oven for a few minutes, until the butter melts. Remove it from the oven and use a pastry brush to coat the sides of the pan with the butter. Sprinkle the 2/3 cup of brown sugar over the melted butter in the bottom of the pan. Place the sliced apples on the sugar in a circular pattern.
- In a medium bowl whisk the flour with the baking soda, baking powder and spices.
- In a large bowl whisk the eggs with the 1/2 cup brown sugar. Whisk in the molasses and 3/4 cup melted butter. Stir in the flour mixture. Add boiling water last and beat well.
- Pour into prepared pan.
- Bake at 325°F for 60-75 minutes, until the middle is set. (The variety and freshness of your apples will affect cooking time.)

### For the topping:

*(which begins as the bottom)*  
 4 apples, peeled, cored and cut into 8 wedges each  
 1 Tbsp + 1 tsp butter  
 2/3 cup light brown sugar

### For the cake:

2 1/2 cups flour  
 2 tsp baking soda  
 1/2 tsp baking powder  
 1/2 tsp salt  
 3/4 tsp ginger  
 1 1/4 tsp cinnamon  
 1/2 tsp nutmeg  
 1/8 tsp cloves  
 2 eggs, beaten  
 1/2 cup light brown sugar  
 3/4 cup Crosby's Fancy Molasses  
 3/4 cup melted butter  
 1 cup boiling water



## 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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Crosby Molasses Co. Ltd.  
PO 2240, Saint John, NB E2L 3V4  
[crosbys.com](http://crosbys.com)