

COOK • BAKE • BBQ



CROSBY'S SINCE 1879



PURE SWEETNESS

Healthy snacks sweetened naturally with molasses



SOMETIMES SLOW
IS A GOOD THING

Cooking and baking with 100% natural sweeteners is easier than you think.

From warming drinks to wholesome muffins, cookies and healthful energy bites, going (white) sugar-free in your kitchen is deliciously doable. Molasses is lower in sugar and carbs than white sugar, plus it adds flavour, nutrients and a wholesome kind of sweetness to your recipes.

COOKING WITH CROSBY'S FANCY MOLASSES

Fancy molasses can be used in place of, or in conjunction with, other natural sweeteners. And molasses is versatile – use it instead of sugar in savoury dishes like sauces, dressings and marinades. Molasses can be substituted for other liquid sweeteners in baking recipes.

Eating well starts with wholesome ingredients. In this booklet you'll see how being selective about the sweeteners you choose will help you create food that is better for you and those you choose to share it with.

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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SWITCHEL WITH CIDER VINEGAR & MOLASSES



PUMPKIN SPICE LATTE



This recipe makes a concentrate that you can then mix with sparkling water, to taste, for a refreshing, restorative drink in the dog days of summer.

SWITCHEL WITH CIDER VINEGAR & MOLASSES

In a saucepan combine water, molasses and ginger. Bring to a boil and simmer gently for 8-10 minutes. Remove from heat and when cool to room temperature remove ginger pieces and stir in cider vinegar and lemon juice.

*1 cup water
1 ½ Tbsp Crosby's Fancy Molasses
1-inch knob of fresh ginger, thinly sliced
2 Tbsp cider vinegar
Lemon juice to taste*

Add concentrate to sparkling water, to taste.
Lasts in the fridge for 2 weeks.

PUMPKIN SPICE LATTE (GF, VEGAN)

Serves 2

Pour coffee, milk and vanilla into a medium saucepan. Wisk in pumpkin, spices and salt.

Warm gently and remove from heat just before it comes to a simmer.

Pour into a blender, add molasses, and whirr for 5 seconds.

Pour into two mugs and top with a dollop of whipped cream.

*1 cup strong coffee or espresso
1 cup milk (can use coconut milk)
1 tsp vanilla extract
2 Tbsp pumpkin puree
¼ tsp pumpkin pie spice (or a pinch each of cinnamon, ginger, nutmeg and allspice)
1 ½ Tbsp Crosby's Fancy Molasses
Pinch of salt
Whipped cream (can use whipped coconut milk)*



CASHEW COFFEE LATTE



CASHEW COFFEE LATTE

(GF, VEGAN)

Makes one serving

Place cashews, molasses and coffee in a high speed blender. Whirr until smooth. Add milk and whirr again.

Pour into a cup and sprinkle over cinnamon.

*¼ cup raw cashews
½ Tbsp Crosby's Fancy Molasses
½ cup fresh espresso or strong coffee
½ cup milk, simmered (can use nut, seed or cow's milk)
Cinnamon to garnish*



PUMPKIN OAT MOLASSES MUFFINS

PUMPKIN OAT MOLASSES MUFFINS

(REFINED SUGAR-FREE)

Makes 11-12 muffins

Preheat oven to 325°F. Prepare muffin pans.

In a large bowl stir together the flour, oats, baking soda, salt and spices.

In a medium bowl whisk the oil, molasses and honey or maple syrup. Add eggs, one at a time. Mix in the pumpkin purée, milk and vanilla.

Add the wet mixture to the dry mixture and stir just until combined.

Spoon batter into muffin cups and sprinkle with a little cinnamon and oats.

Bake at 325°F for about 25 minutes.

*1¾ cups whole wheat pastry flour or regular whole wheat flour (spooned in)
½ cup old-fashioned oats, plus more for sprinkling on top
½ tsp salt
1 tsp baking soda
½ tsp cinnamon, plus more for sprinkling on top
½ tsp ground ginger
¼ tsp nutmeg
¼ tsp allspice
½ cup oil or melted butter (I use grape seed oil)
¼ cup Crosby's Fancy Molasses
¼ cup honey or maple syrup
2 eggs, at room temperature
1 cup pumpkin purée
¼ cup milk
1 tsp vanilla*

A close-up photograph of several golden-brown gingerbread muffins on a white plate with a blue floral pattern. The muffins are round and have a slightly cracked top. One muffin is in the foreground, and others are behind it.

HEALTHY GINGERBREAD MUFFINS



HEALTHY GINGERBREAD MUFFINS (REFINED SUGAR-FREE)

Makes 12 muffins

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. Let cool in tins for about 10 minutes before removing to a cooling rack.

½ cup oil or melted butter
½ cup Crosby's Fancy Molasses
½ cup honey or maple syrup
1 egg, room temperature
½ cup plain yogurt or sour cream
½ cup milk
1½ cups flour (spooned in)
1 cup whole wheat or spelt flour (spooned in)
1½ tsp baking soda
¼ tsp salt
1 tsp cinnamon
1 tsp ground ginger

A photograph of three chia bran muffins on a white plate with a blue floral pattern. One muffin is topped with a dollop of jam. A silver spoon with jam on it is on the left, and a silver butter knife is on the right. A red and white patterned napkin is partially visible in the background.

CHIA BRAN MUFFINS

CHIA BRAN MUFFINS (REFINED SUGAR-FREE)

Makes 18 muffins

Place the raisins in a medium bowl and pour over the boiling water. Let sit 5 minutes, then stir in the bran and the chia. Let sit for 10 minutes.

In a large bowl whisk together the flours, baking powder, baking soda and salt.

In another bowl, beat the eggs, oil and molasses. Whisk in the buttermilk and vanilla. Stir in the raisin and bran mixture and combine well.

Fold in the flour mixture and combine well. (Batter can be refrigerated overnight).

Preheat the oven to 375°F. Prepare muffin pans.

Fill muffin cups and bake for 25 to 35 minutes, until the muffin tops feel firm to the touch and are puffed and browned.

Let cool in the pan for a few minutes before removing to a rack to cool completely.

½ cup raisins (optional)
1 ¾ cups boiling water
1 ½ cups natural bran
3 Tbsp chia seeds
2 cups whole-wheat flour, spooned in
½ cup all-purpose flour, spooned in
2 tsp baking powder
1 tsp baking soda
¾ tsp salt
2 large eggs, room temperature
½ cup canola or grape seed oil
½ cup plus 2 Tbsp Crosby's Fancy Molasses
1 ½ cups buttermilk
1 teaspoon vanilla extract



WHOLE WHEAT MOLASSES ZUCCHINI MUFFINS



WHOLE WHEAT MOLASSES ZUCCHINI MUFFINS (REFINED SUGAR-FREE)

Makes 16 muffins

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).

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



EASY ALMOND COOKIES

EASY ALMOND COOKIES (GF, VEGAN, REFINED SUGAR-FREE)

Makes 18 cookies

Preheat oven to 350°F. Line a baking sheet with parchment paper.

In a medium bowl whisk the almond flour and baking powder together. Stir in the molasses, maple syrup and vanilla and mix until well combined (batter will be sticky).

Scoop dough into a tablespoon measure and roll into balls. Place on prepared baking sheet, an inch apart. With the palm of your hand or the bottom of a glass, lightly flatten the tops of the cookies.*

Bake until the cookies are set and the bottoms are golden, about 12 minutes. Cool slightly on the pan and then remove to a rack.

*For crisp cookies, flatten the dough balls into discs with the bottom of a glass before baking. Adjust baking time accordingly.

*2 cups almond flour
½ tsp baking powder
2 Tbsp Crosby's Fancy Molasses
3 Tbsp maple syrup
2 tsp vanilla extract*

ENERGY BOOST COOKIES



ENERGY BOOST COOKIES (REFINED SUGAR-FREE)

Makes 18 cookies

Preheat oven to 350°F.

In a large bowl beat together peanut butter, molasses, honey, melted butter and egg.

In another bowl whisk flours, baking soda and baking powder. Beat into peanut butter mixture.

Stir in remaining ingredients. Drop by heaping table-spoonful onto prepared baking sheet.

Bake 9-11 minutes.

*½ cup natural peanut butter
(or almond butter.)
¼ cup Crosby's Fancy Molasses
¼ cup honey
½ cup butter, melted (can substitute oil)
1 tsp vanilla
1 egg, room temperature
½ cup flour
½ cup whole wheat flour, spooned in
½ tsp baking powder
¼ tsp baking soda
1 cup quick oats
½ cup flaked coconut
¼ cup dried cranberries or raisins
¼ cup chocolate chips (optional)*

CHEWY COCONUT CRANBERRY GRANOLA BARS

(GF, VEGAN, REFINED SUGAR-FREE)

Line a 9-inch square pan with parchment paper.

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

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.

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

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

Melt chocolate and spread on top. Refrigerate until firm. Cut into 16 bars. Store in a cool place.

*2 cups rolled oats, pulsed in the food processor a few times
¾ cup unsweetened coconut
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)*

CHEWY COCONUT CRANBERRY GRANOLA BARS



CHOCOLATE PECAN ENERGY BITES



CHOCOLATE PECAN ENERGY BITES (GF, VEGAN, REFINED SUGAR-FREE)

Makes 16 generous balls

Whirr the nuts in a food processor until crumbly.
Add the dates and process until nuts and dates are combined.

Add remaining ingredients and process until the mixture sticks together. (Don't let it get too smooth – you still want some texture.)

Form into tablespoon-sized balls and chill.

*1 generous cup pecans or walnuts
(or a combination)
1 cup pitted dates (lightly packed)
1/3 cup cocoa powder
1 Tbsp Crosby's Fancy Molasses
1 Tbsp maple syrup
1/4 cup unsweetened shredded coconut
1/4 tsp salt*

ALMOND BUTTER ENERGY BALLS



ALMOND BUTTER ENERGY BALLS (GF, VEGAN, REFINED SUGAR-FREE – EXCEPT CHOCOLATE CHIPS)

Makes about 2 dozen balls

Blend and roll into balls.

Refrigerate or freeze

*1 cup rolled oats
1 cup unsweetened coconut
1/2 cup almond butter (or peanut butter)
1/2 cup ground flax seed
1/3 cup Crosby's Fancy Molasses
2 tsp vanilla
1/2 cup dark chocolate chips (or an extra
dark chocolate bar, chopped)*



OATMEAL PEANUT BUTTER BITES



OATMEAL PEANUT BUTTER BITES

(GF, VEGAN, REFINED SUGAR-FREE)

Makes 18 balls

Combine all of the ingredients in a food processor, pulsing until they come together. Scrape into a bowl and refrigerate for 30 minutes.

Using a tablespoon measure, scoop the mixture and shape it into balls. Roll in your preferred coating or leave plain.

Place them on the prepared baking sheet and chill for 30 minutes before serving.

1 cup old-fashioned rolled oats
½ cup natural peanut butter
2 Tbsp Crosby's Fancy Molasses
2 Tbsp maple syrup or honey (not vegan)
¼ cup chocolate chips (optional)
1 Tbsp ground flax seed
1 Tbsp chia seeds
1 Tbsp hemp seeds
Pinch of sea salt
Shredded coconut (unsweetened), almond flour or cocoa powder for rolling (optional)



NATURALLY SWEETENED
DARK CHOCOLATE COCONUT MOUNDS

(GF, VEGAN, REFINED SUGAR-FREE - EXCEPT CHOCOLATE)

Makes about 18 tablespoon-sized mounds

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

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

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

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.

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

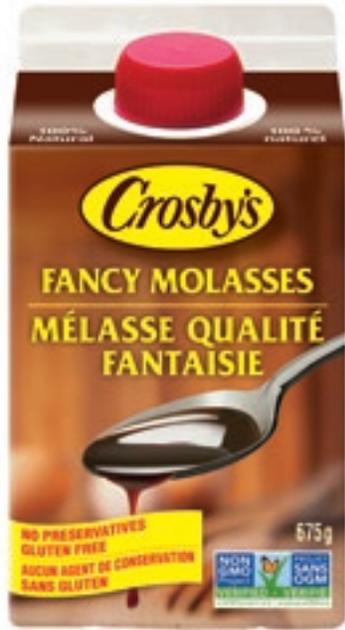
Melt the chocolate slowly in a double boiler. Drop each mound into the melted chocolate, flip to coat and remove with a large fork. Place on the cookie sheet flat side down.

Sprinkle over some coconut and refrigerate until chocolate has hardened.

Store in the refrigerator.

2 ½ cups unsweetened shredded coconut
¼ cup coconut oil, melted
3 Tbsp Crosby's Fancy Molasses
1 Tbsp maple syrup or honey (not vegan)
1 ½ tsp vanilla
¼ tsp sea salt
150-200 grams of dark chocolate for dipping (can use chocolate chips)
Extra coconut for sprinkling

NATURALLY SWEETENED DARK CHOCOLATE COCONUT MOUNDS



Nutrition Facts Valeur nutritive	
Per 1 tbsp (20 g) / pour 1 c. à soupe (20 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 60	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 0 mg	0 %
Potassium / Potassium 190 mg	5 %
Carbohydrate / Glucides 15 g	5 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 13 g	
Protein / Protéines 0.2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %
Riboflavin / Riboflavine	25 %
Vitamin B ₆ / Vitamine B ₆	4 %
Magnesium / Magnésium	4 %
Copper / Cuivre	2 %
Manganese / Manganèse	4 %

Fancy Molasses

Fancy Molasses is the highest grade of molasses. It's made from pure sugarcane juice that has been inverted into a syrup (not unlike the maple syrup-making process). Fancy molasses is tangy sweet in flavor. It contains no additives, is unsulfured, gluten-free and non-GMO. Our fancy molasses is considered a source of iron and a good source of riboflavin.

MOLASSES 100% NATURAL

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

MORE ABOUT OUR 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 a nutrient-rich product with a robust, bitter-tart flavor. Crosby's blackstrap is a byproduct of the raw sugar manufacturing process. It is nutrient dense and is considered a good source of iron and magnesium and an excellent source of riboflavin and potassium. It is also considered a source of calcium, selenium, vitamin B6, manganese and copper.



We Don't Add Sulfur

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

WHY CROSBY'S MOLASSES IS PURE SWEETNESS:



TERROIR

Crosby's molasses comes from just one place: Madre Tierra sugar mill in the village of Santa Lucia, Guatemala. It is made from the juice of sugarcane grown in the surrounding volcanic soils.



TRADITION

Crosby's is a family-owned Canadian company and has been importing molasses since 1879.



STANDARD OF IDENTITY

In Canada, only pure sugarcane juice inverted into a syrup can be classified as fancy molasses. (*Fancy molasses is not a by-product of the sugar refining process.*)



COST EFFECTIVE NATURAL SWEETENER

Lower-cost alternative to other natural sweeteners like honey, maple syrup and agave syrup. Molasses can be substituted for, or used in conjunction, with these higher cost sweeteners.



35% LESS SWEET than refined white sugar

25% FEWER CARBS than white sugar

A VERSATILE NATURAL SWEETENER.

Enjoy molasses in sweet & savoury recipes.



Made from PURE SUGARCANE JUICE

NON-GMO,
NO PRESERVATIVES,
UNSULFURED,
GLUTEN-FREE &
PALEO

To find out more visit crosbys.com



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