

BAKING + MOLASSES

CROSBY'S



SINCE 1879

MUFFINS

20 Wholesome Recipes



SOMETIMES SLOW
IS A GOOD THING

COOKING WITH CROSBY'S FANCY MOLASSES

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.

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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TABLE OF CONTENTS

Lemon Zucchini Muffins.....	4
Healthy Gingerbread Muffins	6
Six Week Refrigerator Bran Muffins	6
Whole Wheat Molasses Zucchini Muffins	8
Multi Grain Blueberry Carrot Muffins with Orange Streusel.....	8
Maple Molasses Blueberry Oatmeal Muffins.....	10
Double Chocolate Whole Wheat Banana Muffins	10
Apple Cider Pumpkin Muffins	12
Banana Oat Muffins with Molasses	12
Carrot Cake Muffins with Molasses Cream Cheese Icing.....	14
Blueberry Bran Muffins	16
Apple Cinnamon Muffins with Molasses	16
Whole Wheat Blueberry Muffins.....	18
Basic Buttermilk Bran Muffins.....	18
Banana Bran Muffins.....	20
Buttermilk Gingerbread Muffins	20
Healthy Blueberry Wheat Germ Muffins	22
Sweet Bran Muffins.....	22
Pumpkin Oat Molasses Muffins	24
Lemon Poppy Seed Muffins.....	24

LEMON ZUCCHINI MUFFINS

MAKES 12 MUFFINS

- Preheat oven to 400°F and line muffin pans with papers or grease them well.
- Squeeze the zucchini over the sink to get rid of some of the excess moisture.
- In a medium bowl whisk the sugar with the molasses and oil. Whisk in the eggs then the vanilla and lemon zest. Stir in the zucchini.
- In a large bowl stir together the flour, baking powder, baking soda, salt and poppy seeds.
- Gently fold wet ingredients into the flour mixture and stir until almost combined.
- Fill muffin tins $\frac{3}{4}$ full.
- Place muffins in oven and immediately reduce the temperature to 375°F.
- Bake for about 15 minutes, until tops of muffins spring back when lightly touched.
- Cool in pan 10 minutes then remove to a wire rack to finish cooling.

*1 ½ cups grated zucchini
½ cup sugar
2 Tbsp Crosby's Fancy Molasses
½ cup oil (olive, canola, grapeseed)
2 large eggs
2 tsp vanilla
Grated zest of a lemon
1 ½ cups flour, spooned in
½ tsp salt
½ tsp baking powder
¼ tsp baking soda
1 Tbsp poppy seeds*



HEALTHY GINGERBREAD MUFFINS

HEALTHY GINGERBREAD MUFFINS

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. (Muffins baked in a dark pan will cook more quickly). 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*
 - ¼ cup honey or maple syrup*
 - 1 egg*
 - ½ cup 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 teaspoon ground ginger*
 - Coarse sugar for topping (optional)*



SIX WEEK REFRIGERATOR BRAN MUFFINS

SIX WEEK REFRIGERATOR BRAN MUFFINS

MADE WITH NATURAL WHEAT BRAN (NOT BRAN CEREAL)
MAKES FOUR DOZEN MUFFINS

- 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.
- 6 cups natural wheat bran*
 - 2 cups boiling water*
 - 1 cup butter, softened*
 - 1 ½ cups brown sugar*
 - 4 eggs*
 - 4 cups buttermilk*
 - 1 cup Crosby's Fancy Molasses*
 - 5 cups flour, spooned in*
 - 2 Tbsp baking soda*
 - 1 Tbsp baking powder*
 - ½ tsp salt*



WHOLE WHEAT MOLASSES ZUCCHINI MUFFINS

WHOLE WHEAT MOLASSES ZUCCHINI MUFFINS

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 regular whole wheat flour)
1½ cups all-purpose flour
2 tsp baking soda
2 tsp baking powder
½ tsp salt
1½ tsp cinnamon
½ tsp cardamom or nutmeg*



MULTI GRAIN BLUEBERRY CARROT MUFFINS WITH ORANGE STREUSEL

MAKES ABOUT 2 DOZEN MUFFINS

- In a large bowl, whisk the dry ingredients (flours, cornmeal, oats, sugar, baking powder, baking soda, cinnamon, nutmeg, allspice and salt.)
- In a separate bowl, whisk the buttermilk, oil, molasses, maple syrup and eggs.
- Pour the wet ingredients over the dry ingredients and gently mix until almost blended.
- Stir in the carrots and blueberries
- Set batter aside at room temperature for 15 minutes. Batter should be on the thick side. (Add 2 Tbsp. more flour if the batter feels too thin.)
- Heat oven to 400°F. Grease a muffin pan or line with baking cups.
- Make the streusel: In a small bowl, mix ingredients together until blended and crumbly.
- Scoop or spoon batter into prepared pan, filling almost to the top. (Mound batter slightly in the center of each cup.) Sprinkle streusel overtop.
- Place muffin tin in oven and reduce heat to 375°F. Bake for 18 to 20 minutes, until the tops are springy to the touch.
- When cooked, cool on a rack and remove muffins from pan after 15 minutes or so.

*2 ⅓ cups flour
⅔ cup whole wheat flour
⅔ cup fine-ground cornmeal
⅔ cup rolled oats (not quick-cooking)
⅔ cup packed light brown sugar
4 tsp baking powder
1 tsp baking soda
2 tsp cinnamon
½ tsp nutmeg
½ tsp allspice
½ tsp salt
1 ¾ cups buttermilk
1 ⅓ cup oil (grape seed or canola)
⅓ cup Crosby's Fancy Molasses
⅓ cup pure maple syrup
4 eggs
2 cups grated carrots
1 ½ cups blueberries*

For the streusel (optional):
*⅓ cup packed light brown sugar
½ tsp cinnamon
¼ cup cold butter, cubed
½ cup flour
1 ½ Tbsp finely grated orange zest*

MAPLE MOLASSES BLUEBERRY OATMEAL MUFFINS

MAKES 1 DOZEN MUFFINS

- Preheat the oven to 425°F and prepare muffin pan (grease muffin cups or line with papers).
- In a medium bowl whisk together the wet ingredients.
- In a large bowl whisk the dry ingredients. Add the blueberries and stir to coat.
- Make a well in the dry ingredients and pour over the wet mixture. Stir gently until almost combined.
- Spoon into prepared pan and sprinkle over a few rolled oats.
- Place in oven and immediately reduce the oven temperature to 400°F.
- Bake for 15-20 minutes.

*¾ cup milk
½ cup plain yogurt
¼ cup pure maple syrup
¼ cup Crosby's Fancy Molasses
5 Tbsp grape seed oil (or canola)
1 large egg, room temp
1 tsp vanilla
1 ½ cups rolled oats (not instant)
1 cup + 2 Tbsp whole wheat flour
1 ½ tsp baking powder
½ tsp baking soda
¼ tsp salt
½ tsp powdered ginger
¾ cups blueberries (frozen or fresh)*

DOUBLE CHOCOLATE WHOLE WHEAT BANANA MUFFINS

MAKES ABOUT 14 MUFFINS

- 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.

*1 cup whole wheat or spelt flour (spooned in)
1 cup white flour (spooned in)
6 Tbsp unsweetened cocoa powder
2 tsp baking powder
1 tsp baking soda
½ tsp salt
3 large eggs, room temperature
1 cup milk
½ cup Crosby's Fancy Molasses
2 medium bananas, mashed
¾ cup grape seed or canola oil
1 tsp vanilla
½ cup chopped dark chocolate or dark chocolate chips*

APPLE CIDER PUMPKIN MUFFINS



APPLE CIDER PUMPKIN MUFFINS

MAKES 16-18 MUFFINS

- Preheat oven to 350°F and grease muffin pans or line them with paper liners.
- In a medium bowl, beat together the melted butter, molasses and maple syrup. Beat in vanilla and eggs, one at a time. Beat in cider and pumpkin puree.
- In a large bowl, whisk the flour, baking powder, baking soda, salt and spices. Stir in apple, mixing with your hands if necessary to separate the pieces.
- Add wet ingredients to dry and stir gently until almost combined.
- Spoon into prepared muffin pans, heaping the batter.
- Sprinkle with pumpkin seeds.
- Bake, 30-35 minutes until they spring back lightly when touched or a tester comes out clean.
- Cool 10-15 minutes before removing from the pans.

*¾ cup butter, melted and cooled**
½ cup Crosby's Fancy Molasses
¼ cup pure maple syrup or honey
1 Tbsp vanilla
3 large eggs
½ cup apple cider (juice not vinegar)
15 oz pumpkin puree (1 ½ cups + 2 Tbsp)
3 cups flour, spooned in
2 tsp baking powder
½ tsp baking soda
¾ tsp salt
4 tsp ginger
4 tsp cinnamon
½ tsp nutmeg
⅛ tsp cloves
1 medium apple, peeled, cored and finely diced
¼ cup toasted pumpkin seeds
**Can use oil*

BANANA OAT MUFFINS WITH MOLASSES



BANANA OAT MUFFINS WITH MOLASSES

MAKES 12 MUFFINS (OR 18 MINI MUFFINS)

- 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.

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

CARROT CAKE MUFFINS WITH MOLASSES CREAM CHEESE ICING

MAKE 18 REGULAR-SIZED MUFFINS

- 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.

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

MOLASSES CREAM CHEESE ICING

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

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



BLUEBERRY BRAN MUFFINS

BLUEBERRY BRAN MUFFINS

MAKES 12-14 MUFFINS

- Preheat the oven to 350°F and prepare muffin pan.
- In a large bowl whisk together flour, salt, baking powder, baking soda and cinnamon.
- In a medium bowl whisk yogurt, oil, sugar, molasses and honey.
- Whisk in the eggs and vanilla.
- Stir the wet ingredients into the dry and mix gently until almost combined.
- Stir in the wheat bran in two additions.
- Stir in the blueberries and mix until evenly distributed.
- Spoon into prepared muffin pan and bake for 25-30 minutes if using fresh berries. Bake for 30-35 minutes if using frozen blueberries.

*1 cup flour
¼ tsp salt
½ tsp baking powder
½ tsp baking soda
½ tsp ground cinnamon
¾ cup plus 2 Tbsp. plain yogurt
½ cup oil
½ cup sugar
6 Tbsp Crosby's Fancy Molasses
2 Tbsp honey
2 eggs, lightly beaten
1 tsp vanilla
2 ½ cups wheat bran
1½ cups blueberries*



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.

WHOLE WHEAT BLUEBERRY MUFFINS



WHOLE WHEAT BLUEBERRY MUFFINS MAKES 14 MUFFINS

- Preheat oven to 400°F and line muffin tins with papers. (Can use 2 ramekins for the extra batter)
- 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. (Batter will be lumpy and will break into coarse globs.)
- Pour into muffin cups and fill to the top.
- Bake at once until golden brown, about 20 minutes.
- Let muffins rest in the pan for about 10 minutes before removing them from the pan to finish cooling.

*2 cups all-purpose flour, spooned in
1 cup whole wheat or whole spelt flour,
spooned in
½ to ¾ cup white sugar
1 Tbsp baking powder
¼ tsp baking soda
¼ tsp salt
3 large eggs
1 cup milk
¼ cup Crosby's Fancy Molasses
¼ cup canola oil or melted butter
2 tsp vanilla
2 cups blueberries*

BASIC BUTTERMILK BRAN MUFFINS



BASIC BUTTERMILK BRAN MUFFINS MAKES ABOUT 14 MUFFINS

- Preheat oven to 400°F and prepare muffin tins.
- In a large bowl whisk together oil, sugar and eggs. Stir in molasses, buttermilk and vanilla.
- In another bowl whisk the bran, flours, baking powder, baking soda and salt.
- Add to wet mixture and stir just until combined. (Don't worry if it's still a bit lumpy.)
- Spoon into prepared tins.
- Bake for 12-15 minutes until top springs back when lightly touched.
- Allow to cool slightly before removing from the pan.
- These will last in a tin on the counter for a week. Freeze up to three months.

*½ cup oil (grapeseed, canola or olive)
½ cup brown sugar
3 large eggs, room temperature
⅓ cup Crosby's Fancy Molasses
1 ½ cups buttermilk
1 tsp vanilla
2 cups wheat bran (natural bran)
1 cup whole wheat flour
¾ cup all-purpose flour
1 tsp baking powder
1 tsp baking soda
½ tsp salt*

A close-up photograph of five banana bran muffins resting on a silver wire cooling rack. Each muffin is topped with a single slice of banana. The muffins are golden brown and appear moist. The background is a wooden surface.

BANANA BRAN MUFFINS

BANANA BRAN MUFFINS

MAKES ABOUT 16 MUFFINS

- Preheat the oven to 400°F. Line muffin cups with papers or grease them well.
- In a medium pot combine the raisins with 2 tsp of water. Cook over medium heat until warmed. Remove from heat. (Raisins can also be warmed in a microwave.)
- In a large bowl combine the wheat bran, oatmeal, flours, cinnamon, baking powder, baking soda and salt. Add ½ cup of the raisins and stir until well combined.
- In a blender or food processor combine the remaining ½ cup of raisins, banana, molasses, yogurt, milk, oil and eggs. Whir for about 30 seconds.
- Pour in the wet ingredients into the dry and stir just until combined.
- Spoon batter into prepared pan.
- Bake for 10 minutes. Reduce temperature to 350°F and bake for another 10 minutes or until muffins are set.
- Allow to cool in pan for 10 minutes then remove to a wire rack to cool completely.

*1 cup raisins (Thompson)
2 tsp water
1 ½ cups wheat bran (natural bran)
½ cup old fashioned rolled oats (not instant)
¾ cup flour, spooned in
¾ cup whole wheat flour, spooned in
1 tsp cinnamon
2 tsp baking powder
½ tsp baking soda
½ tsp salt
1 cup mashed ripe bananas
(about 1 ½ bananas)
½ cup Crosby's Fancy Molasses
½ cup Greek yogurt (plain)
½ cup milk
¼ cup oil (grape seed, canola or olive)
2 large eggs, room temperature*

A close-up photograph of two buttermilk gingerbread muffins. One muffin is in the foreground, topped with three pats of melting butter. The other is slightly behind it. They are placed on a colorful, patterned cloth. A butter knife is visible in the background.

BUTTERMILK GINGERBREAD MUFFINS

BUTTERMILK GINGERBREAD MUFFINS

10-12 MUFFINS

- Preheat oven to 375°F. Prepare muffin pan.
- In a large bowl, whisk flours with sugar, baking soda, spices and salt.
- In another bowl, lightly beat the egg then whisk in oil and molasses. When well combined whisk in the buttermilk.
- Make a well in the dry ingredients and pour in the egg mixture. Stir gently until just combined taking care not to overmix.
- Spoon into prepared pan. Sprinkle with coarse sugar, if using.
- Bake for 15-20 minutes until the tops spring back when lightly touched.

*1½ cups whole wheat flour
⅔ cup all-purpose flour
2½ tsp baking soda
⅓ cup brown sugar
1 Tbsp ground ginger
1 tsp cinnamon
⅛ tsp cloves
½ tsp salt
1 egg
⅓ cup grape seed oil (or olive oil)
½ cup Crosby's Fancy Molasses
¾ cup buttermilk
Coarse sugar for sprinkling (optional)*



HEALTHY BLUEBERRY WHEAT GERM MUFFINS

HEALTHY BLUEBERRY WHEAT GERM MUFFINS

- 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.

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

SWEET BRAN MUFFINS

- 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.

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



SWEET BRAN MUFFINS

PUMPKIN OAT MOLASSES MUFFINS



PUMPKIN OAT MOLASSES MUFFINS

MAKES ABOUT 11 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.

*1¼ cups whole wheat pastry flour or regular whole wheat flour (spooned in)
⅓ 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
⅓ cup oil or melted butter
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*

LEMON POPPY SEED MUFFINS

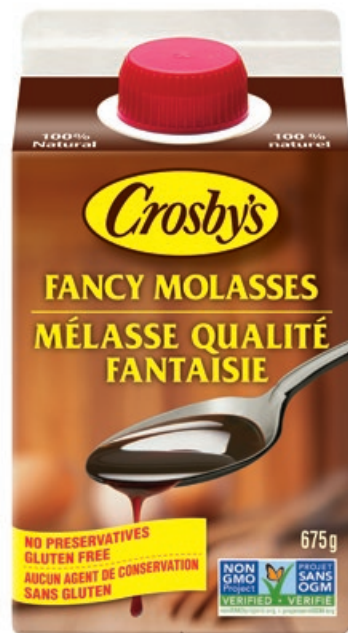


LEMON POPPY SEED MUFFINS

MAKES 14 MUFFINS

- Preheat oven to 400°F and prepare muffin pan.
- In a large bowl whisk together flour, sugar, baking powder, baking soda, ginger, poppy seeds, lemon zest & salt.
- In a medium bowl whisk the eggs, then whisk in the milk, molasses, vanilla, lemon juice and melted butter.
- Make a well in the dry ingredients and pour over the liquid mixture. Stir gently just until the flour is moistened. (Batter will be lumpy.)
- Spoon into muffin cups and fill to the top.
- Bake at once until golden brown, 13-15 minutes.
- Lemon glaze:
 - Juice of half a lemon (1 1/2 Tbsp.)
 - About 3/4 cup icing sugar
- Whisk together and spoon over cooled muffins. Add more icing sugar if it's too runny.

*3 cups flour, spooned in
⅔ cup sugar
1 Tbsp baking powder
¼ tsp baking soda
½ tsp ginger
¼ tsp salt
2 Tbsp poppy seeds
Zest of one lemon
3 large eggs, room temperature
1 cup milk
¼ cup Crosby's Fancy Molasses
1 tsp vanilla
Juice of one lemon (3 Tbsp.)
½ cup butter, melted*



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	
+ 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, riboflavin 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.

BAKING + MOLASSES

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SINCE 1879



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