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HOMEMADE PUMPKIN SPICE LATTE SERVES 2

Whipped cream (can use whipped coconut milk).

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 1/4 tsp pumpkin pie spice (or a pinch each of cinnamon, ginger, nutmeg and allspice) 1 ½ Tbsp Crosby's Fancy Molasses pinch salt

PUMPKIN SPICE LATTE MUFFINS MAKES 16 MUFFINS

Preheat oven to 375°F. Line muffin pan with paper liners Combine streusel ingredients and set aside.

Whisk together the eggs, coffee, molasses, oil, vanilla, and pumpkin puree.

In another bowl combine the dry ingredients. Add the wet ingredients to the dry and stir gently, just until combined. Spoon into prepared pan and top with about 2 Tbsp strengel

When you put them in the oven immediately reduce the heat to 350°F.

Bake for 25-30 minutes, until the tops spring back when lightly touched.

For the streusel

½ cup of walnuts pieces 3 Tbsp light brown sugar

1/3 cup sugar

3 Tbsp flour

1 tsp pumpkin pie spice (or ¼ tsp each of cinnamon, ginger, nutmeg and cloves)

2 Tbsp butter, softened.

For the muffins

3 large eggs, room temperature 1/3 cup espresso or good strong coffee (room temp)

2 tsp vanilla

¼ cup Crosby's Fancy Molasses

34 cup oil

1 cup pumpkin puree (not pumpkin pie filling)

2 ½ cups all-purpose flour, spooned in

1 ¼ cups granulated sugar

2 tsp pumpkin pie spice or:

1 tsp cinnamon,

½ tsp ginger,

1/4 tsp each of cloves and nutmeg

1 tsp baking soda

1 tsp baking powder



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APPLE CINNAMON MUFFINS MAKES 12 MUFFINS

Preheat oven to $400^{\circ}\mathrm{F}$ 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 all-purpose flour, spooned in ½ cup whole wheat or spelt flour, spooned in

2 tsp baking powder

¼ tsp salt

1 tsp cinnamon

1/2 cup buttermilk or sour milk*

½ cup Crosby's Fancy Molasses

2 large eggs, room temperature

1 tsp vanilla extract

1/4 cup canola, grapeseed or olive oil

2 cups peeled and diced apples (about 2 medium apples)

*To sour milk, add $\frac{1}{2}$ Tbsp of vinegar to your measuring cup and fill to the $\frac{1}{2}$ cup mark with milk. Let sit 5 minutes.

PUMPKIN OAT MOLASSES MUFFINS MAKES 12 MUFFINS

Preheat oven to 350°F. Prepare muffin pans.

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

In a medium bowl whisk the oil, molasses and 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 15-18 minutes.

1 cup all-purpose flour, spooned in 4 cup 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 ginger

1/4 tsp nutmeg

1/4 tsp allspice

2 large eggs, room temperature

1 cup pumpkin purée

⅓cup oil

1/4 cup Crosby's Fancy Molasses

1/4 cup maple syrup 1/4 cup milk

1 tsp vanilla







WHOLE WHEAT MOLASSES BANANA BREAD

Preheat oven to 350°F and grease a large loaf pan (9" x 5") or line it with parchment paper

In a large bowl combine the melted butter with the sugar and stir well.

Add the molasses and then the eggs, one at a time.

Stir in the yogurt, vanilla and then the mashed banana. In a separate bowl combine the flours, baking powder, baking soda, salt and spices.

Add the dry ingredients to the wet ingredients and stir gently, just until combined. (Take care not to over mix.) Bake at $350 \, \text{F}$ for $50\text{-}60 \, \text{minutes}$.

Let cool in pan 10 minutes before upending on cooling rack.

*To sour the milk, add 1/4 tsp of vinegar to the 3 Tbsp. of milk and let sit for five minutes.

½ cup butter, melted

1/4 cup sugar

1/3 cup Crosby's Fancy Molasses

2 large eggs, room temperature

3 Tbsp yogurt or soured milk*

2 tsp vanilla

3 ripe bananas, mashed (about

1-1 1/4 cups)

3/4 cup whole wheat flour, spooned in

1 ¼ cups all-purpose flour, spooned in

1 tsp baking powder

½ tsp baking soda

1/4 tsp salt

1 tsp cinnamon

½ tsp nutmeg

PUMPKIN OATMEAL COOKIES

Preheat oven to 350°F.

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

In a medium bowl whisk the melted butter with vanilla, molasses, brown sugar, and white sugar.

Whisk in the egg yolk then the pumpkin. Mix until well combined

Add pumpkin mixture to bowl of dry ingredients and stir until combined.

Stir in chocolate chips and cranberries. (You will have a thick, sticky dough.)

Drop dough by the spoonful (1 ½ Tbsp.) onto a parchmentlined baking sheet and flatten slightly. (Use a medium cookie scoop).

Bake for 12-15 minutes or until cookies feel set in the centre.

- 2 ¼ cups all-purpose flour, spooned in
- 1 ½ cups old-fashioned rolled oats
- 1 tsp baking soda
- 2 tsp cinnamon

1 tsp ginger

1/4 tsp nutmeg

1/4 tsp allspice

½ tsp salt

½ cup butter, melted

½ cup oil

1 tsp vanilla

1/4 cup Crosby's Fancy Molasses

3/4 cup brown sugar

½ cup granulated sugar

1 egg yolk

34 cup pumpkin puree

3/4 cup chocolate chips

3/4 cup dried cranberries







SOFT MOLASSES COOKIES (FAT ARCHIES) MAKES 2 1/2 DOZEN LARGE COOKIES

In a large bowl cream sugar and butter. Add molasses and egg and blend well.

Combine dry ingredients and add to the creamed mixture, alternating with the milk.

Scrape dough onto a lightly flowered surface and gather into a ball. Flatten into a disk, wrap in plastic and refrigerate for an hour or overnight. (Add up to ¼ cup additional flour if the dough is too soft to handle.)

Preheat oven to 350 F and line a cookie sheet with parchment paper.

1 cup sugar

½ cup milk

1 cup butter, softened

1 cup Crosby's Fancy Molasses

1 large egg, room temperature 4 ½- 5 cups all-purpose flour,

spooned in

2 teaspoons baking soda 1 teaspoon each of ginger, cloves, cinnamon, and salt

On a lightly floured surface, roll dough to 1/4 inch thick and cut into rounds (or preferred shape)

Place on prepared sheet, about 1 1/2 " apart. Bake 12-15 minutes.

WHOLE WHEAT PUPPY PAWS MAKES ABOUT 20 COOKIES

Preheat oven to 375°F and line cookie sheets with parchment paper.

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

In a separate bowl whisk the flours, spices, and salt.

Combine the hot water and baking soda in a little cup and give it a stir. Pour into the butter mixture, making sure to scrape out the baking soda residue. Stir to combine. Add the dry ingredients and stir until incorporated.

To shape the paws*:

Using a medium cookie scoop or a heaping tablespoon of dough, make the middle of the paws. Using a teaspoon measure, make four toes. (This will get easier once you have done a few.)

Bake 10-12 minutes, until puffy and set.

Let cookies cool on the pan for a few minutes before transferring to a rack to cool completely.

*These cookies can be made as drop cookies. Use about 2 Tbsp. of dough per cookie.

, ½ cup butter, softened

½ cup sugar

34 cup Crosby's Fancy Molasses 1 large egg, room temperature

1/4 cup hot water

2 tsp baking soda

2 cups all-purpose flour, spooned in

1 cup whole wheat flour, spooned in

½ tsp ground ginger

½ tsp ground cinnamon

1/4 tsp salt

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PUMPKIN PIE ENERGY BITES

Combine oats, hemp, seeds, pumpkin seeds and chocolate chips in a food processor. Whizz until the pumpkin seeds and chocolate chips are chopped (but not pulverized).

Add remaining ingredients and whizz until everything comes together.

Scoop by tablespoonful and shape into balls.

Roll in coconut or almond flour.

Store in the fridge for up to two weeks.

2 cups rolled oats (not instant) ¼ cup hemp seeds

1/4 cup pumpkin seeds 1/2 cup chocolate chips

½ cup canned pumpkin puree (not pumpkin pie filling)

¼ cup peanut butter, almond butter or sunflower seed butter

1 tsp vanilla extract

½ tsp cinnamon or

pumpkin pie spice ¼ cup Crosby's Fancy Molasses

¼ cup pure maple syrup

(or honey) ¼ tsp sea salt

Coconut and/or ground almonds for rolling

GINGERBREAD PANCAKES MAKES 16 PANCAKES

Combine dry ingredients in a large bowl.

In another bowl combine the wet ingredients.

Add wet ingredients to dry ingredients and whisk to combine.

Let batter sit for 5-10 minutes.

Drop by ¼ cup measure on a medium-hot, well-greased frying pan.

Flip when the batter is set and the edges lose their wet look

Keep warm until ready to eat.

Drizzle with a molasses maple syrup blend (3 Tbsp maple syrup and 1 Tbsp molasses)

2 ½ cups all-purpose flour, spooned in*

¼ cup sugar (optional)

1 ½ Tbsp baking powder

1/2 tsp baking soda 1/2 tsp salt

1 ½ tsp ginger

1 ½ tsp cinnamon

½ tsp allspice Pinch of cloves

2 eggs, room temperature

1/4 cup Crosby's Fancy Molasses

2 cups milk

2 Tbsp oil

*Can use up to one cup whole wheat flour.







ONE-BOWL GINGERBREAD CAKE FOR A CROWD

Preheat oven to 350°F and grease a 9" x 13" pan or line it with parchment paper.

In a large bowl beat butter with sugar. Beat in eggs then molasses. Beat in water.

Sprinkle over the flour, spices, baking soda and salt and beat until smooth.

Pour into prepared pan and bake until a tester comes out with just a few moist crumbs attached, about 45 minutes to an hour.

Serve with cinnamon whipped cream.

- 2 ½ cups all-purpose flour, spooned in
- 2 tsp cinnamon
- 2 tsp ginger
- 1 tsp baking soda
- 1 tsp bakin 14 tsp salt
- ½ cup butter, softened
- 1 cup sugar
- 2 large eggs, room temperature
- 1 cup Crosby's Fancy Molasses
- 1 cup boiling water

EASY 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 ½ 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)

½ cup oil

- 2 cups all-purpose flour, spooned in
- 1 ½ teaspoons baking soda
- 1 tsp ginger
- 1 tsp cinnamon
- ½ tsp cloves
- ½ tsp salt
- ½ cup Crosby's Fancy Molasses
- ½ cup brown sugar
- 1 large egg, room temperature
- 1 tsp vanilla
- ½ cup boiling water
- 4 tart apples peeled and cut into ½" chunks









CARAMEL APPLE CRISP

Place the apples in a deep casserole dish (approx. 8"x10") Toss with molasses, brown sugar, and cinnamon. Dab with tablespoon of butter.

Combine flour, oats and brown sugar. Pour over the melted butter and stir to combine.

Spread mixture over apples.

Bake at 375°F for about 40 minutes, until the apples are soft and the filling is bubbling.

Filling:

8 medium apples, peeled and sliced ¼ cup Crosby's Fancy Molasses ¼ cup brown sugar 1 tsp cinnamon 1 Tbsp butter

Topping:

1 ¼ cups all-purpose flour, spooned in ¾ cup rolled oats ½ cup brown sugar ½ cup butter, melted

SWEDISH APPLE PIE (CRUSTLESS) 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 ½"-thick wedges 3 Tbsp Crosby's Fancy Molasses 1 tsp cinnamon 1 cup sugar ¾ cup butter 1 cup all-purpose flour, spooned in

1 large egg, room temperature 1/4 tsp salt

1/4 tsp ginger





WALNUT BANANA BREAD WITH MOLASSES WWW.CRUMBTOPBAKING.COM

Prepare the streusel topping:

Add all the streusel ingredients to a medium-sized bowl and use your hands to mix together until well combined. The mixture will be wet, sticky and clumpy.

Prepare the bread:

Preheat oven to 350°F. Grease a 9"x5" loaf pan and line it with overhanging parchment paper.

Combine the milk and vinegar in a small bowl and let it sour while you start making the bread.

In a large bowl, whisk together the oil and sugar.

Add in the molasses, and then the eggs, one at a time.

Stir in the soured milk, vanilla and mashed banana.

In a separate large bowl, combine the flours, cinnamon, baking powder, baking soda and salt.

Add the dry ingredients to the wet mixture and stir until just combined. Fold in the walnuts.

Pour the batter into the prepared pan and spoon the streusel evenly over top of the bread.

Bake for 50-60 minutes, or until a toothpick inserted into the middle of the bread comes out clean.

Let the bread cool in the pan for 10 minutes, before transferring to a wire rack to cool completely.

For the streusel topping:

½ cup raw walnut pieces ¼ cup flour (white or whole wheat)

1/4 cup rolled oats

2 Tbsp coconut sugar

2 Tbsp virgin,

cold pressed coconut oil

2 Tbsp Crosby's Fancy Molasses

For the bread:

3 Tbsp unsweetened almond milk ¼ tsp apple cider vinegar

½ cup extra virgin olive oil

½ cup coconut sugar

1/3 cup Crosby's Fancy Molasses

2 large eggs

2 tsp vanilla extract

2 large overripe bananas,

mashed (about 1 cup) 1 cup whole wheat flour

cup whole wheat ho

1 cup white flour

2 tsp ground cinnamon

1 tsp baking powder

1/2 tsp baking soda

1/4 tsp kosher salt

1/2 cup raw walnut pieces

The bread can be stored in an airtight container at room temperature for 3-4 days, or frozen for up to 3 months.

If you prefer, you can make this bread without the streusel topping.

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EASY GINGERBREAD CAKE WWW.CRUMBTOPBAKING.COM

Prepare the cake:

Preheat oven to 350°F. Grease a 9"x13" pan and line it with parchment paper.

Add the sugar and oil to a large bowl and use an electric mixer to beat them together.

Beat in the eggs, one at a time, followed by the molasses, and then the boiling water.

In a separate large bowl, whisk together the flour, cinnamon, ginger, baking soda and salt.

Add the dry ingredients to the wet mixture and beat until smooth.

Pour the batter into the prepared pan and tap the bottom of the pan on a hard surface to release some of the air hubbles

Bake for 28-30 minutes, or until a toothpick inserted into the middle of the cake comes out clean.

Remove from oven and let cool completely in the pan.

For the cake:

1 cup coconut sugar

½ cup extra virgin olive oil

2 large eggs

1 cup Crosby's Fancy Molasses

1 cup boiling water

2 ½ cups whole wheat flour

2 tsp ground cinnamon

2 tsp ground ginger

1 tsp baking soda

1/4 tsp kosher salt

For the dairy-free cinnamon whipped cream:

3 cans (400 ml) full fat coconut milk, refrigerated for at least 24 hours 2 tsp maple syrup

2 tsp maple syrup
1 tsp ground cinnamon
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Optional topping: crushed gingersnap cookies

Prepare the cinnamon whipped cream:

Scoop out the solidified coconut milk into a deep mixing bowl (discard the coconut water). Add the maple syrup and cinnamon.

Using an electric mixer, beat together until the mixture is light and fluffy. You may need to stop a few times to scrape down the sides of the bowl.

Spread the whipped cream onto the cooled cake and sprinkle on some crushed gingersnap cookies.

Serve immediately or store in an airtight container in the refrigerator and enjoy within 1-2 days.

NOTES

If you want to make this cake in advance, just leave it unfrosted and store it at room temperature (wrapped or covered) for 2-3 days. When ready to enjoy, prepare the whipped cream and frost the cake. You can also leave the cake unfrosted and serve the whipped cream on the side.









CHOCOLATE MOLASSES BEAR PAW COOKIES WWW.LITTLESWEETBAKER.COM MAKES 2 DOZEN COOKIES

Preheat oven to 350°F and line 2-3 cookie sheets with parchment paper.

In a medium bowl, whisk together the flour, cocoa powder, ginger, cinnamon, and salt. Set aside.

In a large mixing bowl, cream together the butter and sugar until smooth. Beat in the egg, then molasses and vanilla until combined

Stir the hot water and baking soda together in a liquid measuring cup. Add to the wet ingredients and mix to incorporate.

Slowly stir in the dry ingredients until just combined. Transfer the batter to a piping bag and cut 1" off the tip to make a large opening. On the prepared cookie sheets, pipe

one large dollop for the palm and 4 small dollops for the toes. Use your finger to lightly press down any tips that form. Space each bear paw 2" apart.

Bake for 9-10 minutes until puffed up and set. Let cool on the cookie sheets for 5-10 minutes before transferring to a cooling rack.

SWEDISH APPLE OATMEAL PIE WWW.LITTLESWEETBAKER.COM YIELDS: 8-10 SERVINGS

Preheat oven to 350°F and grease a 9 or 10" deep dish pie plate. Set aside.

In a large bowl, toss together the apple slices, molasses and cinnamon until evenly coated. Transfer the mixture into the prepared pie plate.

In the same bowl, mix together the remaining ingredients until combined. Spoon the batter evenly over the apple mixture.

Bake for 45 - 60 minutes or until the filling is bubbling and the top is golden brown.

4 cups apple, peeled, cored and sliced ¼" thick (about 4-5 apples)
3 thsp Crosby's Fancy Molasses
1 tsp ground cinnamon
¾ cup unsalted butter, melted
¾ cup granulated sugar
1 cup rolled oats
½ cup all-purpose flour
½ cup chopped walnuts
½ tsp baking powder
¼ tsp nutmeg
¼ tsp salt

3 cups all-purpose flour

½ tsp ground ginger

1/4 tsp salt

softened

1 large egg 1 tsp vanilla extract

½ tsp ground cinnamon

½ cup unsalted butter,

1/2 cup granulated sugar

1/4 cup (60ml) hot water

2 tsp baking soda

34 cup Crosby's Fancy Molasses

¼ cup unsweetened cocoa powder, sifted







BLACK BEAN TURKEY CHILI

Heat 2 Tbsp. of the oil in a large, heavy pot over medium heat and brown the ground turkey until it is no longer pink.

Remove to a bowl.

In the same pot, heat the remaining 2 Tbsp. of oil and sauté the onions, jalapenos and red pepper.

When they're soft, add garlic, tomato paste and chili powder and stir to combine.

Add tomatoes, turkey (with juices), beans and broth.

Bring to a simmer, add oregano, molasses and salt to taste.

Serve with nachos or combread and sliced avocado.

2 can of black beans (394 ml.)

1/4 cup oil, divided

1 lb. ground turkey

2 onions, diced

3 jalapenos (optional)

1 large red pepper, diced

4 cloves garlic, pressed

1 Tbsp tomato paste

1/4 cup chili powder

2 cans diced tomatoes (796 ml.)

1 ½ cups broth or water

2 tsp dried oregano

3 Tbsp Crosby's Fancy Molasses

Salt to taste

SLOW COOKER BAKED BEANS WITH SAUSAGE (NO SOAKING OF BEANS REQUIRED) SERVES 4-6

Drain and rinse beans. Add onion, carrot and garlic to slow cooker. Scatter over beans.

In a medium bowl whisk molasses, sugar, mustard, soy sauce, vinegar, salt & water. Pour over beans, cover and cook 6-8 hours.

Whisk in flour, puncture sausages and lay them on top of the beans. Cover and continue cooking until sausages are cooked through, 30-40 minutes.

Slice sausage before serving.

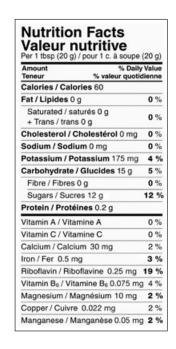
*Can use dried beans. Soak 2 cups navy beans overnight. Drain and cook until tender. Add to pot when beans are called for.

- 2 540 ml cans of white beans (white kidney – cannellini or navy beans)*
- 1 onion, diced
- 1 carrot, chopped
- 2 cloves garlic, minced
- ½ cup Crosby's Fancy Molasses
- 1/3 cup brown sugar
- 1 Tbsp Dijon mustard
- 1 Tbsp soy sauce or
- Worcestershire Sauce
- 1 Tbsp cider vinegar
- ½ tsp salt
- 1 1/2 cups water
- 1 ½ Tbsp flour
- 4-6 sausage

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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.

MOLASSES 100% NATURAL

- Tasty & nutritious
- Made from pure sugarcane
- No preservatives
- Gluten free
- Non-GMO

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MORE ABOUT OUR MOLASSES



Cooking Molasses

Cooking molasses is a blend of blackstrap and fancy molasses. It is much less sweet than fancy molasses. 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 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.

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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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