



# KIDS IN THE KITCHEN

Recipes for making  
memories in the kitchen



SOMETIMES SLOW  
IS A GOOD THING





## NO-BAKE CRISPY CRANBERRY GRANOLA BARS



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*Makes 18 generous bars*

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

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

Melt butter, molasses and brown sugar in a saucepan over medium heat. Bring to a gentle boil and cook 2 minutes. Remove from heat and stir in vanilla extract (it will sputter).

Pour hot syrup over the oat mixture and stir to combine. 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 until set and cut into bars.

### **Tips:**

To make these gluten free choose gluten-free rolled oats and crisp rice cereal. Substitute sunflower seeds and pumpkin seeds for the almonds.

*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*  
*⅓ cup chocolate chips*



## HEALTHYISH OATMEAL CHOCOLATE CHIP COOKIES

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*Makes 2 1/2 dozen*

Preheat the oven to 350°F and line a baking sheet with parchment paper.

In a large bowl cream butter and sugar until light textured. Add egg then molasses and vanilla.

Sprinkle over the flour, flax, millet (or sunflower seeds), baking soda, baking powder and salt. Stir to combine.

Stir in rolled oats then chocolate chips, dried cranberries, coconut and pumpkin seeds.

Drop by spoonful onto a parchment lined baking sheet. Press the tops lightly with the bottom of a glass

Bake for 12-14 minutes.

### **Tip:**

Add 1 Tbsp. of hemp or chia seeds for more nutrition.

*½ cup butter, softened*  
*½ cup sugar (can reduce to 6 Tbsp)*  
*1 egg, room temperature*  
*2 Tbsp Crosby's Fancy Molasses*  
*1 tsp vanilla*  
*½ cup all-purpose flour, spooned in*  
*2 Tbsp ground flax*  
*2 Tbsp raw millet or sunflower seeds*  
*½ cup whole wheat flour, spooned in*  
*½ tsp baking soda*  
*½ tsp baking powder*  
*¼ tsp salt*  
*1 cup old fashioned rolled oats (not instant)*  
*1 cup chocolate chips*  
*½ cup dried cranberries or raisins*  
*½ cup shredded unsweetened coconut*  
*½ cup pumpkin seeds*



A close-up photograph of several gingerbread cookies cut into various shapes including a reindeer, a star, and a tree. The cookies are decorated with white icing and silver edible beads. A blue bowl filled with more silver beads is visible in the lower left corner.

## WHOLE WHEAT GINGERBREAD CUT OUT COOKIES



## WHOLE WHEAT GINGERBREAD CUT OUT COOKIES

In a large bowl mix butter and sugar until creamy. Beat in egg and molasses.

Add lemon juice.

Sift together dry ingredients and gradually add to creamed mixture.

When flour mixture is fully incorporated gather dough into a ball, cut in half and pat into two disks. Chill for one hour.

Preheat oven to 350°F.

Roll dough on a lightly floured surface to ¼" thick and cut into shapes.

Bake on a parchment lined baking sheet for 8-10 minutes or until golden around the edges.

### Simple Icing:

In a medium bowl mash the butter and add about half of the icing sugar. Mash them together for a bit then add 1 Tbsp of milk and the vanilla. Mix well then add remaining icing sugar and more milk as needed. This icing should be a little runny for easy decorating.

*1 cup butter, softened  
1 cup sugar  
1 egg, beaten  
½ cup Crosby's Fancy Molasses  
2 Tbsp lemon juice  
3 cups all-purpose flour, spooned in  
1 cup whole wheat flour, spooned in  
1 tsp baking soda  
½ tsp salt  
2 tsp ginger  
2 tsp cinnamon  
½ tsp allspice  
¼ tsp each, nutmeg, cloves*

### Simple icing:

*2 Tbsp soft butter  
1 cup icing sugar  
1-2 Tbsp milk or cream  
½ tsp vanilla*

A close-up photograph of several thick, dark brown cookies with a craggy, fudgy texture. They are arranged on a silver metal cooling rack.

## FUDGY FLAX COOKIES

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*Makes 2 1/2 dozen*

In a medium bowl, mash butter with the sugars.

Add oil and eggs and mix well.

Add molasses and vanilla.

In a separate bowl combine flour, flax, cocoa and salt.

Add flour mixture to the egg-sugar bowl and mix well.

Stir in chocolate chips.

Drop by 1 ½ tablespoonful onto a parchment-lined baking sheet.

Bake at 350°F for 10-12 minutes.

*½ cup butter, softened  
¾ cup brown sugar  
⅓ cup sugar  
½ cup canola oil  
2 eggs, room temperature  
2 Tbsp Crosby's Fancy Molasses  
2 tsp vanilla  
2 cups flour (use half whole wheat)  
¼ cup ground flax  
½ cup cocoa powder  
½ tsp salt  
¾ cup chocolate chips*





## QUICK & EASY BLUEBERRY OAT MUFFINS



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*Makes one dozen*

Preheat the oven to 400°F and prepare muffin tins.

Whisk together the oats, milk and yogurt or lemon juice. Let sit for five minutes then whisk in the molasses, egg, oil and sugar.

In another bowl stir together the flours, baking powder, baking soda and salt.

Add wet to dry and stir gently until almost combined.

Add the blueberries and stir until evenly distributed.

Spoon batter into prepared pan and sprinkle each muffin with the topping mixture.

Bake 18-22 minutes.

*½ cup old fashioned rolled oats (not instant)*  
*½ cup milk*  
*2 tsp yogurt or lemon juice*  
*2 Tbsp Crosby's Fancy Molasses*  
*1 large egg, room temperature*  
*½ cup oil*  
*½ cup sugar*  
*1 cup all-purpose flour, spooned in*  
*½ cup whole wheat flour, spooned in*  
*1 ¼ tsp baking powder*  
*¼ tsp baking soda*  
*½ tsp salt*  
*1 cup fresh or frozen blueberries*

### **TOPPING:**

*1 Tbsp sugar*  
*½ tsp cinnamon or lemon zest*



## WHOLE WHEAT CHOCOLATE ZUCCHINI MUFFINS

## WHOLE WHEAT CHOCOLATE ZUCCHINI MUFFINS

*Makes 12 muffins*

Preheat oven to 375°F and prepare muffin tins.

Whisk flours, cocoa powder, baking soda, baking powder, flax and salt.

In another bowl whisk the eggs with the sugar, molasses, milk and oil.

Add wet ingredients to dry ingredients and stir gently until almost combined.

Gently stir in zucchini and chocolate chips.

Fill muffin tins ¾ full and bake 20-25 minutes.

Let cool in pan for 10 minutes then remove to a wire rack to finish cooling.

### **Tip:**

Measure the zucchini first and then squeeze out the excess moisture.

*1 cup all-purpose flour, spooned in*  
*½ cup whole wheat or spelt flour, spooned in*  
*½ cup cocoa powder*  
*1 tsp baking soda*  
*1 tsp baking powder*  
*½ tsp salt*  
*2 Tbsp ground flax*  
*2 large eggs, room temperature*  
*½ cup sugar*  
*3 Tbsp Crosby's Fancy Molasses*  
*½ cup milk*  
*1/3 cup oil (olive, canola or grapeseed)*  
*1 ½ cups grated zucchini, excess liquid squeezed out*  
*½ cup chocolate chips*





## MOLASSES FLAX WAFFLES



## MOLASSES FLAX WAFFLES

*Makes 14 waffles*

In a large bowl whisk together eggs and sugar.

Add molasses and vanilla.

Whisk in melted butter then milk.

In a separate bowl stir together flour, flax, salt and baking powder.

Carefully whisk dry ingredients into wet, taking care not to get any lumps. (If it does get lumpy just keep whisking until the batter is smooth).

Bake waffles according to directions on your waffle iron.

**Tip:** Freeze leftovers for lunchbox snacks or speedy weekday breakfasts.

*2 large eggs, beaten*  
*¼ cup sugar*  
*3 Tbsp Crosby's Fancy Molasses*  
*⅔ cup butter, melted (or oil)*  
*1 tsp vanilla*  
*3 cups milk*  
*3 cups all-purpose flour*  
*(can use 1 cup whole wheat)*  
*¼ cup ground flax or wheat germ*  
*1 tsp salt*  
*4 tsp baking powder*



## QUINCY'S FAVOURITE BLUEBERRY PANCAKES

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*Makes 16 small pancakes. Recipe doubles well*

Combine dry ingredients in a medium bowl.

In a larger bowl combine the wet ingredients.

Whisk wet ingredients into dry ingredients. Stir in blueberries.

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.

**Tips:**

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

Freeze leftovers for weekday mornings.

*1 ¼ cups flour (can use up to*  
*½ cup of whole grain flour)*  
*2 ½ tsp baking powder*  
*1 Tbsp sugar*  
*¾ tsp salt*  
*1 egg, beaten*  
*¾ cup of milk*  
*2 Tbsp Crosby's Fancy Molasses*  
*3 Tbsp oil*  
*½ cup blueberries*





## CHOCOLATE DESSERT HUMMUS



## CHOCOLATE DESSERT HUMMUS

Place all of the ingredients in a food processor and whirl until smooth.

Add more milk or chickpeas as required to get your preferred consistency.

**Tip:** Skin the chickpeas first for a smoother hummus. To skin the chickpeas place them in a bowl of warm water and rub them together between your hands. The skins will release and float to the top when you stir the bowl and will be easy to skim off. Even removing half of the skins will make a noticeable difference in the texture of your hummus.

*1 ½ cups cooked chickpeas  
¼ cup unsweetened cocoa powder  
3 Tbsp Crosby's Fancy Molasses  
2 Tbsp pure maple syrup  
⅓ cup non-dairy milk  
¼ cup coconut oil  
2 tsp vanilla  
⅛ teaspoon salt*



## BIG BATCH WHOLE WHEAT CHOCOLATE CHIP COOKIE BARS

Preheat oven to 350°F.

Line an 11x17-inch baking sheet with parchment paper.

In a large mixing bowl, beat together olive oil, melted butter, brown sugar, white sugar, molasses and vanilla.

Beat in eggs, one at a time.

Stir in flours, flax, baking soda, cinnamon and salt and stir until almost combined.

Add chocolate chips and stir until well combined.

Spoon dough onto prepared baking sheet and spread evenly, right to the edges. (It's easiest to use wet hands for this job.)

Sprinkle over extra chocolate chips and press into the dough.

Bake for 23-25 minutes, until golden and set. Cool on a rack. Let cool before cutting.

*¾ cup olive oil  
¼ cup melted butter  
1 ¼ cup brown sugar  
¼ cup sugar  
¼ cup Crosby's Fancy Molasses  
2 tsp vanilla  
2 large eggs, room temperature  
2 cups all-purpose flour  
1 cup whole wheat flour  
2 Tbsp ground flax  
2 tsp baking soda  
1 tsp cinnamon  
½ tsp salt  
1 cup bittersweet chocolate chips  
Extra chocolate chips for sprinkling (optional)*

## BIG BATCH WHOLE WHEAT CHOCOLATE CHIP COOKIE BARS





### AMELIA'S COOKIE DOUGH SMOOTHIE



## AMELIA'S COOKIE DOUGH SMOOTHIE

Beginning with the milk and ending with the banana, combine all ingredients in the blender and whirr until smooth.

**Tip:**

This recipe is great with any kind of nut or seed butter.

*½ cup non-dairy milk  
1 Tbsp almond butter  
¼ cup cooked chickpeas  
1 Tbsp ground flax seed  
1 Tbsp Crosby's Fancy Molasses  
1 frozen banana*

## GREEK YOGURT CHOCOLATE PUDDING

*Serves 4*

In a medium bowl, whip cream to stiff peaks.

Add remaining ingredients and whip just until combined.

Chill before serving.

**Tip:**

Try this recipe with vanilla or coconut flavoured Greek yogurt.

*½ cup heavy cream (35%)  
1 cup plain Greek yogurt  
¼ cup cocoa powder  
3 Tbsp Crosby's Fancy Molasses  
1 Tbsp honey  
2 tsp vanilla*



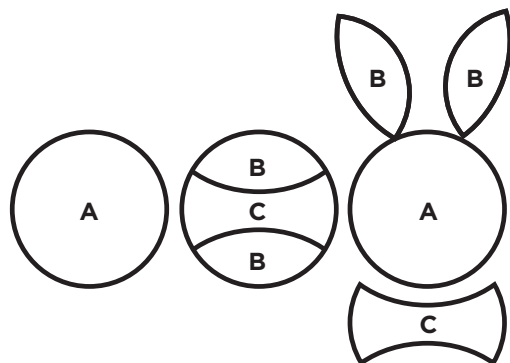
### GREEK YOGURT CHOCOLATE PUDDING



## MOLASSES CHOCOLATE CAKE



## HOW TO MAKE AN EASTER BUNNY CAKE



## MOLASSES CHOCOLATE CAKE

(Egg-free and non-dairy) Serves 10-12

Preheat oven to 350°F.

Line a 9"x13" metal pan with parchment paper (or grease and flour two 8" round cake pans.)

In a large bowl whisk together dry ingredients.

In a medium bowl whisk the oil, vinegar, vanilla, molasses and water.

Whisk the wet ingredients into the dry and mix well. Pour into prepared pan and bake for 35-40 minutes, until the cake starts to pull away from the edge of pan or a tester comes out clean.

Cool in pan 10 minutes then remove to a wire rack and cool completely before frosting.

½ cup oil  
2 tsp vinegar  
2 tsp vanilla  
¼ cup Crosby's Fancy Molasses  
1 ¾ cups water  
3 cups all-purpose flour, spooned in  
1 ½ cups sugar  
6 Tbsp cocoa  
2 tsp baking soda  
1 tsp salt

## SECRET INGREDIENT CHOCOLATE FROSTING

Cream butter, molasses & vanilla.

Add milk and mix well.

Add cocoa then the icing sugar one cup at a time, mixing well after each addition.

½ cup butter, softened (can use non-dairy butter or margarine)  
2 Tbsp Crosby's Fancy Molasses  
1 tsp vanilla  
¼ cup milk (can use non-dairy)  
¾ cup cocoa  
3 cups icing sugar

## HOW TO MAKE AN EASTER BUNNY CAKE

You'll need a good 4 cups of icing to frost the entire cake.

Choose 8" round cake pans (or 6" if you have them) for a more manageable cake.

Let your kids take the lead when it comes to decorating. After all, the cake is really for them.

You'll use extra icing on the ears and bow tie. (Since slicing to create the shapes exposes the crumb of the cake, the first coat of icing will be very messy)

### Icing:

Cream the butter with the milk and vanilla. Add the icing sugar one cup at a time until you get a spreadable consistency.

**Tip:** You'll need to double the icing recipe to fully frost a large bunny cake made with 8" pans.

**Easy creamy icing**  
¼ cup soft butter  
3 Tbsp milk  
1 tsp vanilla  
3-4 cups of icing sugar



A close-up photograph of several chocolate-covered peanut butter Easter eggs. Each egg is coated in dark chocolate and topped with a generous sprinkling of colorful, multi-colored sprinkles. They are arranged on a white parchment-lined surface.

## PEANUT BUTTER EASTER EGGS



## PEANUT BUTTER EASTER EGGS

*Makes about 20 eggs*

In a medium bowl blend the peanut butter, molasses and coconut flour to create a dough. It should be stiff enough that you can gather it into a ball with your hands.

Using a half tablespoon measure, scoop the dough into the spoon and press it firmly until the top is flat. Nudge it out with your thumb, place on a parchment-lined baking sheet, and press outer edge to create an egg shape.

Set in the freezer for 20 minutes.

While the eggs are chilling, melt the chocolate in a double boiler.

Working quickly, drop one egg at a time into the chocolate. Lift it out with a fork, flat side down, and place back on the cold baking sheet. Immediately sprinkle with decorations. (The chocolate will set quickly.)

Store in the fridge or a cool place.

**Tip:**

You won't use all of the chocolate but you'll need the melted chocolate to be deep enough to dip.

*2/3 cup all-natural peanut butter  
or almond butter  
1 Tbsp Crosby's Fancy Molasses  
1-2 Tbsp coconut flour  
150 g dark chocolate  
Sprinkles (optional)*

A photograph of a blue ceramic plate filled with roasted sweet potato wedges. The wedges are golden-brown and glistening with sauce. In the background, a small blue bowl contains a thick, red, chunky sauce, and a bottle of beer is partially visible.

## SWEET CHILI ROASTED SWEET POTATOES

## MOLASSES ROASTED SWEET POTATOES

Preheat oven to 425°F and line a baking sheet with parchment paper.

Cut sweet potatoes into 8 wedges each.

In a large bowl whisk together the first 6 ingredients.

Add the sweet potato wedges to the bowl and toss to coat.

Place wedges on prepared cookie sheet in a single layer.

Roast 20-25 minutes until tender and nicely browned, flipping halfway through.

Serve hot with ketchup.

**Tip:**

Sweet & Sticky Sauce on p. 18 makes a great dip for these wedges.

*2 Tbsp olive oil  
2 Tbsp Crosby's Fancy Molasses  
1 Tbsp Cider vinegar  
1 tsp grainy mustard  
1 tsp kosher salt  
1 tsp hot sauce (optional)  
3 sweet potatoes, scrubbed,  
skin left on*





## SWEET & STICKY TURKEY MEATBALLS

### Meatballs:

Heat oven to 400°F. Line a rimmed baking sheet with parchment paper or foil.

Combine the meatball ingredients. Mix well (but don't over-mix) and shape lightly into 1½ inch balls.

Bake for 15-20 minutes, until done. (Be careful not to overcook.)

**Tip:** The Sweet & Sticky Sauce makes a delicious dip for chicken strips.

### Sweet and Sour Sauce

Melt butter in a medium pot and add the onion.

Saute until soft then add remaining ingredients.

Bring to a boil and simmer for five minutes.

Remove from heat. Add meatballs and toss gently.

Warm on minimum for 10 minutes. Serve hot.

### Meatballs:

1 lb ground turkey  
2 cloves of garlic, minced  
1 egg, beaten  
1 tsp salt  
½ Tbsp Crosby's Fancy Molasses

### Sweet and Sticky Sauce:

1 Tbsp butter  
½ cup ketchup  
½ cup diced onions  
½ cup bouillon or apple juice  
¼ cup Crosby's Fancy Molasses  
2 Tbsp brown sugar  
½ cup cider vinegar  
1 tsp dry mustard  
¼ tsp pepper



### Nutrition Facts Valeur nutritive

Per 1 tbsp (20 g) / pour 1 c. à soupe (20 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 60	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g	
+ Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Potassium / Potassium</b> 175 mg	<b>4 %</b>
<b>Carbohydrate / Glucides</b> 15 g	<b>5 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 12 g	<b>12 %</b>
<b>Protein / Protéines</b> 0.2 g	
Vitamin A / Vitamine A	<b>0 %</b>
Vitamin C / Vitamine C	<b>0 %</b>
Calcium / Calcium 30 mg	<b>2 %</b>
Iron / Fer 0.5 mg	<b>3 %</b>
Riboflavin / Riboflavine 0.25 mg	<b>19 %</b>
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub> 0.075 mg	<b>4 %</b>
Magnesium / Magnésium 10 mg	<b>2 %</b>
Copper / Cuivre 0.022 mg	<b>2 %</b>
Manganese / Manganèse 0.05 mg	<b>2 %</b>

### 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 contains no additives, is unsulfured, gluten-free and non-GMO.

*If you want your kids to have a healthy relationship  
with food – good food – then teach them to cook.  
Better yet, let them cook.*



COOK • BAKE • BBQ



CROSBY'S SINCE 1879



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SLOW IS A  
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