

COOK • BAKE • BBQ



CROSBY'S SINCE 1879



# PURE SWEETNESS

Healthy snacks sweetened  
naturally with molasses



SOMETIMES SLOW  
IS A GOOD THING



# COOKING WITH CROSBY'S FANCY MOLASSES

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.

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.

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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## REFINED SUGAR-FREE BANANA CAKE



## CHOCOLATE BEET CAKE



# REFINED SUGAR-FREE BANANA CAKE

Preheat the oven to 350°F and line a 9" square baking pan with parchment paper.

In a large bowl beat together the oil, molasses and honey. Beat in the eggs one at a time then the vanilla, banana and milk.

In a medium bowl whisk together the dry ingredients. Using a wooden spoon, stir dry ingredients into the wet mixture, stirring just until combined.

Scrape batter into the prepared pan and bake for 30-35 minutes, until a tester comes out with just a few moist crumbs attached.

Set on a rack to cool for 10 minutes then lift the cake from the pan by grabbing hold of the parchment paper edges.

### **Cream Cheese Frosting**

Beat together the cream cheese and butter. Beat in the molasses and honey, then the vanilla. Spread over the cake. (Frosting can be chilled for a few minutes if it becomes too soft.)

*1/3 cup grapeseed oil or melted butter*  
*1/3 cup Crosby's Fancy Molasses*  
*2 Tbsp honey*  
*2 large eggs*  
*1 cup mashed ripe bananas (2-3)*  
*2 tsp vanilla extract*  
*1/4 cup milk*  
*1 cup whole wheat or spelt flour*  
*3/4 cup all-purpose flour*  
*1 tsp baking powder*  
*1/2 tsp baking soda*  
*1/2 tsp salt*  
*1/2 tsp cinnamon*

### **Cream Cheese Frosting**

*8 ounces cream cheese, room temperature*  
*2 Tbsp butter, room temperature*  
*2 Tbsp Crosby's Fancy Molasses*  
*2 Tbsp Honey*  
*1 tsp vanilla*

# CHOCOLATE BEET CAKE

## SLIGHTLY ADAPTED FROM BROWN EGGS AND JAM JARS

Preheat oven to 350°F and line an 8"x8" pan with parchment paper or grease it well.

Combine flours, cocoa, baking soda and salt.

In another bowl whisk the egg with the melted butter then whisk in the molasses, honey and maple syrup. Add coffee and beet puree and beat well.

Gently stir the dry ingredients into the wet ingredients then stir in the buttermilk.

Spread batter in pan and bake for 25-35 minutes.

*2 small beets, roasted and pureed*  
*(about 1/2 cup puree)*  
*1/2 cup flour*  
*1/2 cup whole wheat or spelt flour*  
*1/4 cup cocoa powder*  
*1 tsp baking soda*  
*1/4 tsp salt*  
*1 egg*  
*1/2 cup butter, melted (or grapeseed oil)*  
*1/3 cup Crosby's Fancy Molasses*  
*1/4 cup honey*  
*1/4 cup maple syrup or agave syrup*  
*3 Tbsp strong coffee, chai tea*  
*or black tea (cooled)*  
*2 Tbsp milk*



A loaf of brown soda bread, topped with rolled oats, is shown next to two slices. One slice is topped with butter and jam.

## BROWN SODA BREAD



## BROWN SODA BREAD

### FROM LEITE'S CULINARIA

Preheat the oven to 325°F.

Line a 9-by-5-by-3-inch loaf pan with parchment paper or grease it well.

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

In another bowl beat the eggs with the oil. Beat in the molasses.

Add the wet to the dry and mix gently.

Add the buttermilk and mix gently until just combined. Scrape the batter into the prepared pan and smooth the top with a wet spoon. Sprinkle with rolled oats.

Bake for 1 hour, until a tester comes out clean.

Set on a wire cooling rack. Let sit for 10 minutes before removing from pan.

*2 ¾ cups whole-wheat or whole spelt flour  
⅓ cup all-purpose flour  
2 tsp baking soda  
¼ tsp salt  
⅔ cup rolled oats, plus more for sprinkling  
2 eggs  
2 tsp oil, plus more for the pan  
2 Tbsp Crosby's Fancy Molasses  
2 cups buttermilk or soured milk  
Handful seeds or oats, for sprinkling*

Two sandwiches made with Heather's Whole Wheat Molasses Quick Bread, filled with lettuce, tomato, and cheese, are shown on a blue plate.

## HEATHER'S WHOLE WHEAT MOLASSES QUICK BREAD

## HEATHER'S WHOLE WHEAT MOLASSES QUICK BREAD

Grease a 9 x 5 x 3-inch loaf pan. Heat oven to 400°F.

Mix flour, baking powder, baking soda and salt.

Beat egg in a large bowl. Stir in buttermilk, molasses and butter. Stir in flour mixture. Mix in walnuts and dried fruit (if using).

Scrape batter into prepared pan and bake 40 minutes to an hour, or until well browned and a tester comes out clean.

Remove from oven and place pan on a wire rack to cool.

\*NOTE: To replace buttermilk, just add one tsp. vinegar to each one cup of milk, or replace ¼ of the milk with plain yogurt.

Another variation from Heather: Add ½ cup prepared mincemeat and reduced the milk by about ¾ cup.

*2 cups whole wheat flour  
1 tsp baking powder  
1 tsp baking soda  
1 tsp salt  
1 large egg  
2 cups buttermilk or soured milk\*  
3 Tbsp Crosby's Fancy Molasses  
1 ½ Tbsp lightly-salted butter  
or 1 ½ Tbsp margarine, melted  
½ cup chopped walnuts (optional)  
½ cup dark seedless raisins or  
any other dried fruit (optional)*





### 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 whirl 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)  
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  
(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. One muffin is in the foreground, showing its textured surface with some white sugar crystals. It sits on a white plate with a blue floral pattern. Other muffins are visible in the background.

## 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 bran muffins on a white plate with a blue floral pattern. One muffin is whole, while the other two are cut in half, revealing a dark, moist interior. A spoon with jam is on the left, and a butter knife is on the right. A small packet of bran is 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*



A photograph showing several 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. A red and white striped cloth is partially visible in the background.

## 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. Whirl 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 photograph showing several apple cider pumpkin muffins on a decorative plate with a floral and fruit pattern. The muffins are topped with pumpkin seeds. A silver butter knife is placed across the top of the muffins. The background is a neutral, light-colored surface.

## APPLE CIDER PUMPKIN MUFFIN

## APPLE CIDER PUMPKIN MUFFIN

**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  
1/8 tsp cloves  
1 medium apple, peeled,  
cored and finely diced  
¼ cup toasted pumpkin seeds  
\*Can use oil*





## 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.

\*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.

*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)*



## MAPLE MOLASSES BLUEBERRY OATMEAL MUFFINS

# 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 min.

*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)*





## 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)*



A close-up photograph of several round, golden-brown oatmeal peanut butter bites. Some are coated in a white powder (likely coconut flour or almond flour) and others are coated in a dark brown powder (likely cocoa powder). They are arranged on a light-colored surface.

## 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*

A close-up photograph of three dark chocolate coconut mounds on a white plate. One mound is broken in half, revealing a light-colored, textured interior. The mounds are coated in dark chocolate and sprinkled with shredded coconut. The plate is set against a teal background.

## 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
<b>Calories / Calories 60</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	
+ Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Potassium / Potassium 190 mg</b>	<b>5 %</b>
<b>Carbohydrate / Glucides 15 g</b>	<b>5 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 13 g	
<b>Protein / Protéines 0.2 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %
Riboflavin / Riboflavine	25 %
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>	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 B<sub>6</sub>, manganese and copper.

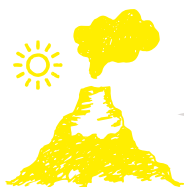


### We Don't Add Sulfur

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.



## 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.*)

## TRADITION

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



## 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](http://crosbys.com)



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