

BAKING + MOLASSES

CROSBY'S



SINCE 1879

GLUTEN-FREE SNACKS & TREATS

20 Tasty Recipes



SOMETIMES SLOW
IS A GOOD THING

COOKING WITH CROSBY'S FANCY MOLASSES

A note about rolled oats:

Many of the recipes in this eBook call for GF rolled oats.

As of 2015, the Canadian Celiac Association supports Health Canada's decision to permit the use of gluten-free claims for specially produced oats, provided these oats do not contain more than 20 parts per million (ppm) of gluten from wheat, rye, barley or their hybridized strains. Visit www.celiac.ca for more information.

Choose certified gluten-free rolled oats if you can't tolerate any gluten since conventional rolled oats are often cross-contaminated by gluten-containing grains.

For those of you who can tolerate gluten and are simply trying to eat less wheat and enjoy a greater variety of grains, conventional rolled oats may be fine.

Gluten-free flour blend:

Make your own gluten-free flour blend with these three ingredients: 4 cups fine brown rice flour, 1 1/3 cups potato starch (not potato flour), 2/3 cup tapioca flour. Whisk together and store in an airtight container. (From the excellent cookbook, *The Allergen-Free Baker's handbook*, by Cybele Pascal.)

*Bridget Oland
Crosby's Molasses Kitchen*



Crosby's has been importing the world's finest molasses for over one hundred years and takes pride in being one of the world's largest importers of Fancy Molasses. We are committed to maintaining the highest standards of quality and service in all of our fine food products.

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TABLE OF CONTENTS

Dark Chocolate Coconut Mounds.....	4
Hearty Granola Cookies.....	4
Chewy Coconut Cranberry Granola Bars.....	6
No-Fuss Crispy Cranberry Almond Granola bars.....	6
Gluten-free Fudgy Molasses Brownies.....	8
Gluten-free Banana Bread with Molasses.....	8
Chocolate Chip Cookie Pie.....	10
Gluten-free Pumpkin Spice Muffins with Molasses and Candied Ginger.....	10
Chewy Coconut Macarons.....	12
Jeanette's Dark Chocolate Almond Bar.....	12
Vanessa's Crispy Almond Butter Granola Bars.....	14
Spiced Chocolate Almond Brownies.....	14
Joy's Almond Butter Energy Balls.....	16
Ginger Pecan Granola Bars.....	16
Gluten-free Gingerbread.....	18
Three-Seed Gluten Free Granola Bars.....	18
Chewy Coconut Oatmeal Cookies.....	20
Gluten-free Apple Molasses Cake.....	20
Healthy Applesauce Granola.....	22
Oatmeal Cookie Baked Apples.....	22

DARK CHOCOLATE COCONUT MOUNDS

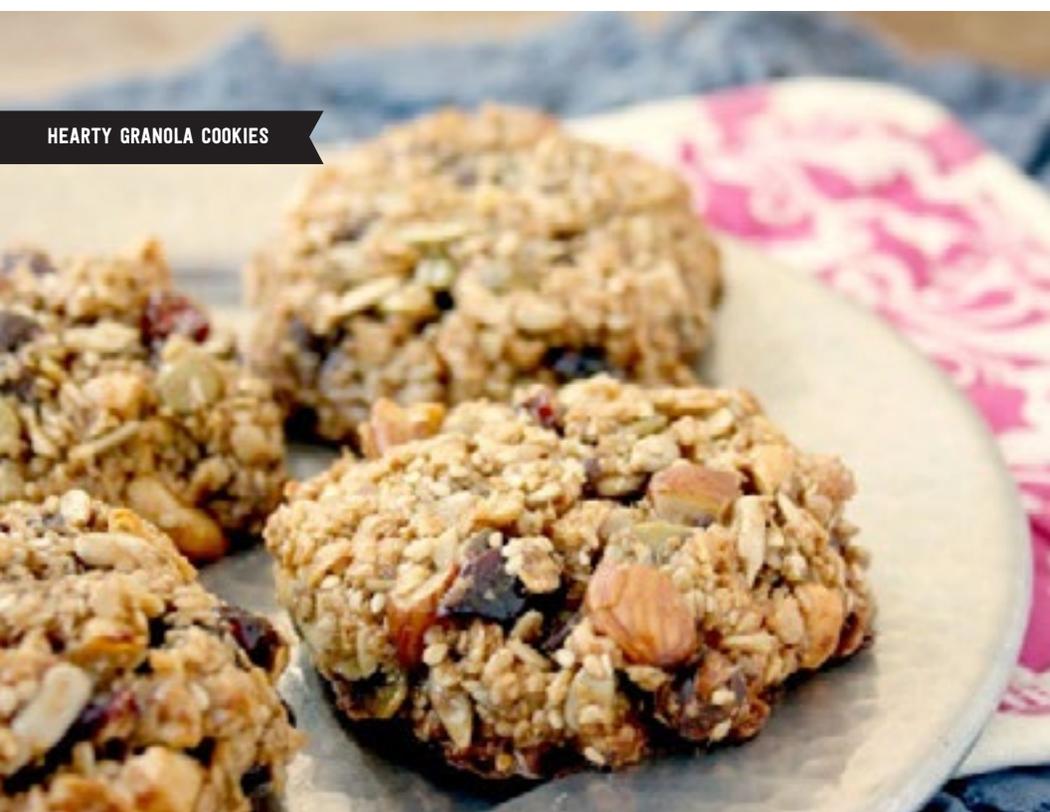


DARK CHOCOLATE COCONUT MOUNDS

ADAPTED FROM PINCH OF YUM
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 desiccated coconut (medium)*
 - ¼ cup coconut oil, melted*
 - 3 Tbsp Crosby's Fancy Molasses*
 - 1 Tbsp honey or maple syrup*
 - 1 ½ tsp vanilla*
 - ¼ tsp sea salt*
 - 150-200 grams of dark chocolate for dipping (can use chocolate chips)*
 - Extra coconut for sprinkling*

HEARTY GRANOLA COOKIES



HEARTY GRANOLA COOKIES

MAKES 24 COOKIES

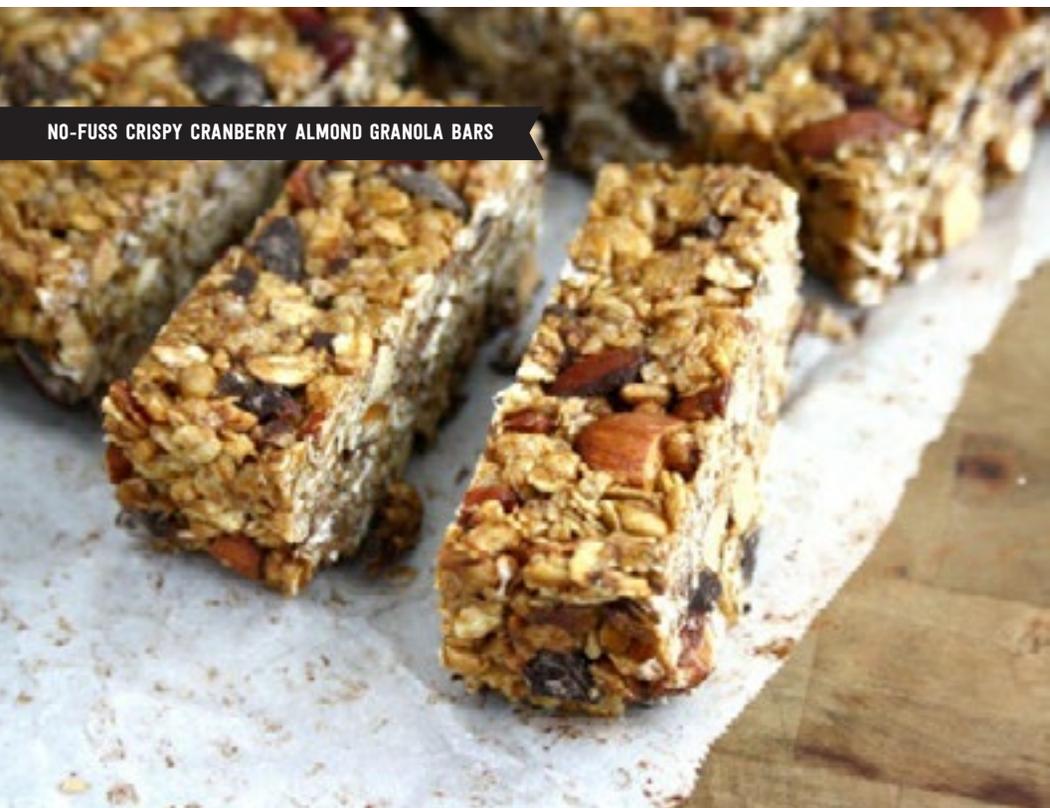
- Preheat oven to 350°F.
 - In a large bowl mix the oats with the nuts, flax, seeds and coconut.
 - Melt the butter in a medium saucepan. Add the brown sugar, molasses, honey, hot water, vanilla and salt.
 - Stir until the mixture is smooth and the sugar is dissolved.
 - Remove from heat and pour half over the dry mixture. Stir well then add remaining sugar mixture.
 - Mix until fully combined. Cool a bit before stirring in chocolate chips.
 - Scoop dough by tablespoonful and form into 3" cookies that are about half an inch thick. (Wet your fingers with cold water to keep the mixture from sticking to your hands as you form the cookies.)
 - If you let the batter cool for a bit it will be a little stiffer and easier to shape. Make sure you smooth the sides.
 - Place on a parchment lined baking sheet and bake for 20-25 minutes.
 - Cool completely before moving them – they need to set.
- ½ cup butter*
 - ¾ cup dark brown sugar*
 - ¼ cup Crosby's Fancy Molasses*
 - ¼ cup honey*
 - ¼ cup hot water*
 - ¼ tsp Salt*
 - 2 tsp vanilla*
 - 3 cups old fashioned GF rolled oats*
 - ⅔ cup dried cranberries, raisins or currant*
 - ½ cup toasted ground flax*
 - ⅓ cup sesame seeds*
 - ½ cup unsweetened coconut*
 - ⅓ cup pumpkin seeds*
 - ½ cup sunflower seeds*
 - ½ cup chopped almonds*
 - ½ cup chopped cashews or hazelnuts*
 - 1 cup chocolate chips*



CHEWY COCONUT CRANBERRY GRANOLA BARS

- 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 GF rolled oats, pulsed in the food processor a few times
¾ cup unsweetened coconut flakes
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 tps coconut oil
1 tsp vanilla
½ cup chocolate chips to melt and spread on top (optional)



NO-FUSS CRISPY CRANBERRY ALMOND GRANOLA 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.

2 cups old fashioned GF rolled oats
*2 cups crisp rice cereal**
½ cup dried cranberries
1 cup whole almonds, toasted
½ cup butter
½ cup Crosby's Fancy Molasses
½ cup brown sugar, packed
½ tsp vanilla extract
4½ oz (125 grams) coarsely chopped dark chocolate

**Choose gluten-free crisp rice cereal.*



GLUTEN-FREE FUDGY MOLASSES BROWNIES

- Heat the oven to 350°F. Line an 8-by-8-inch metal baking pan with parchment paper.
- Combine the butter and chocolate in a medium saucepan and cook over low heat, stirring frequently, until melted and smooth. Remove from the heat, add molasses and let cool until just warm to the touch.
- In a large bowl whisk the eggs with the sugar and vanilla. Pour in the chocolate mixture and whisk until well combined.
- In a small bowl combine the xanthan gum, cocoa powder, salt, baking powder and flour. Add to the chocolate-egg mixture and stir just until combined.
- Pour the batter into the prepared pan (spreading it out and smooth the top). Bake about 30 minutes, until the middle no longer jiggles. Remove to a wire rack and let the brownies cool for at least 20 minutes.
- Cut into 2-inch squares.

1 cup dark chocolate chips or coarsely chopped bittersweet chocolate
½ cup butter, cut into pieces
¼ cup Crosby's Fancy Molasses
2 large eggs
1 cup sugar (can be reduced to ¾ cup)
1 tsp vanilla extract
½ tsp xanthan gum
2 Tbsp unsweetened cocoa powder
¼ tsp fine salt
½ tsp baking powder
1 cup brown rice flour



GLUTEN-FREE BANANA BREAD WITH MOLASSES

- Grease a large loaf pan or line it with parchment paper. (Or use three mini loaf pans).
- 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 buttermilk, vanilla and then the mashed banana.
- In a separate bowl combine the flour blend, baking powder, baking soda, salt, xanthan gum 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°F for 50-60 minutes.
- Let cool in pan 10 minutes before upending on cooling rack.

½ cup butter, melted
¼ cup sugar
¼ cup Crosby's Fancy Molasses
2 eggs
3 Tbsp buttermilk, yogurt or soured milk
1 tsp vanilla
3 ripe bananas, mashed (about 1-1 ¼ cups)
*2 cups gluten-free flour blend**
1 tsp baking powder
½ tsp baking soda
1 tsp xanthan gum
¼ tsp salt
1 tsp cinnamon
½ tsp nutmeg

** Gluten-free flour blend: 4 cups fine brown rice flour, 1 1/3 cups potato starch (not potato flour), 2/3 cup tapioca flour. Whisk together and store in an airtight container.*



CHOCOLATE CHIP COOKIE PIE

CHOCOLATE CHIP COOKIE PIE

- Preheat the oven to 325°F and grease a 9-inch oven-proof skillet or pie pan.
- Whisk together the almond flour, coconut and baking soda.
- In another bowl beat butter and sugar then beat in molasses, egg and vanilla.
- Stir almond flour mixture into butter mixture and stir until well combined.
- Stir in chocolate chips.
- Spread dough in prepared pan and bake 25-30 minutes, until golden brown.
- Cookie will be very soft and a little jiggle-y in the middle.
- Let cool at least 15 minutes before serving.

*1 ¼ cups almond flour
¾ cups finely shredded,
unsweetened coconut
½ tsp baking soda
½ cup butter, softened
½ cup sugar
1 Tbsp Crosby's Fancy Molasses
1 large egg
½ tsp vanilla extract
½ cup chocolate chips*



GLUTEN-FREE PUMPKIN SPICE MUFFINS WITH MOLASSES AND CANDIED GINGER

GLUTEN-FREE PUMPKIN SPICE MUFFINS WITH MOLASSES AND CANDIED GINGER

- Preheat the oven to 350°F.
- In a large bowl combine the dry ingredients (including brown sugar).
- In a medium bowl whisk the eggs with the pumpkin mixture then add the oil, molasses and vanilla.
- Gently fold the wet ingredients into the dry and stir until almost combined. Toss in the walnuts and ginger (reserving about 1 Tbsp. of the ginger and 3 Tbsp. of the walnuts to sprinkle over top of the muffins before baking.)
- Gently fold the walnuts and ginger into the batter.
- Spoon batter into prepared muffin cups and bake for about 30 minutes (until a tester comes out clean).

1 ½ cups of GF flour blend
1 tsp baking soda
¼ tsp salt
1 tsp ground cinnamon
½ tsp ground ginger
½ tsp ground nutmeg
¼ tsp allspice
Pinch of ground cloves
¼ cup brown sugar
2 eggs
1 cup pumpkin puree (not pumpkin pie filling)
½ cup Crosby's Fancy Molasses
½ cup cooking oil or melted butter
1 tsp. vanilla
1 cup chopped walnut pieces
¼ cup crystallized ginger, minced*

** Gluten-free flour blend: 4 cups fine brown rice flour, 1 ⅓ cups potato starch (not potato flour), ⅔ cup tapioca flour. Whisk together and store in an airtight container.*



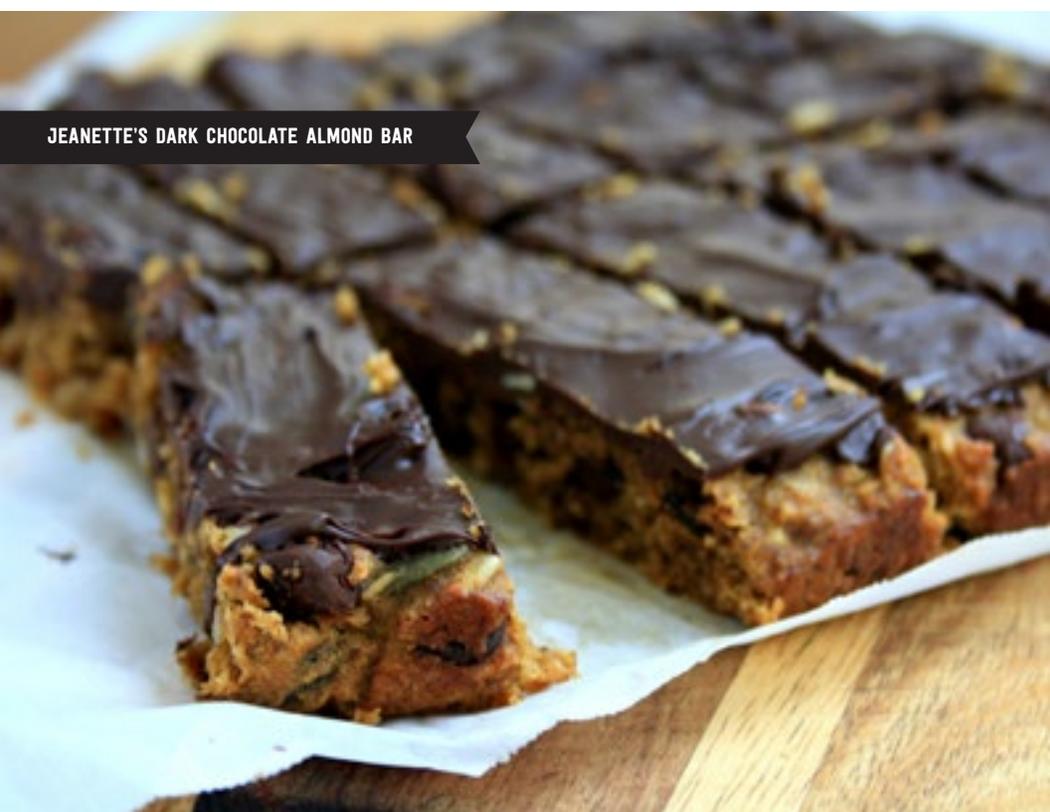
CHEWY COCONUT MACAROONS

CHEWY COCONUT MACAROONS

MAKES 24 MACAROONS

- Whisk together the flour, salt and coconut.
- In a double boiler or a metal bowl suspended above a pot of barely simmering water, whisk the egg whites with the sugar, molasses and vanilla until mixture warm to the touch and opaque (110 F). Remove from heat and pour over the dry ingredients. Fold to combine and set aside for 15 minutes to allow the coconut to absorb some of the liquid.
- Preheat oven to 325°F. Form mixture into 1" to 1½" balls and place on a parchment-lined baking sheet.
- Bake 20-25 minutes until golden brown. Rotate baking sheet halfway through cooking.
- Let cool then dip in melted chocolate.

*½ cup GF flour
¼ tsp salt
3 cups unsweetened coconut (medium)
4 egg whites
¾ cup sugar
2 Tbsp Crosby's Fancy Molasses
1 tsp vanilla
Chocolate for dipping (optional)*



JEANETTE'S DARK CHOCOLATE ALMOND BAR

JEANETTE'S DARK CHOCOLATE ALMOND BARS

MAKES 24 SQUARES (OR 12 GENEROUS BARS)

- In a medium bowl combine the almond meal, ground flax, pumpkin, sunflower seeds and coconut.
- In another bowl combine the oil or butter, molasses, eggs and vanilla.
- Add wet mixture to dry and mix well.
- Stir in the dried fruit and chocolate chips.
- Press into a 9x9 pan that has been greased or lined with parchment paper.
- Bake at 350°F for 20 minutes.
- Cool before cutting.

*1 ½ cups almond meal (ground almonds)
2 Tbsp pumpkin seeds
2 Tbsp sunflower seeds
¼ cup ground flax seeds
6 Tbsp desiccated coconut
½ cup melted coconut oil or butter
¼ cup Crosby's Fancy Molasses
2 eggs
1 ½ tsp vanilla
½ cup dark chocolate or chocolate chips
¼ cup dried cranberries or cherries*



VANESSA'S CRISPY ALMOND BUTTER GRANOLA BARS

- Line a 9"x13" pan with parchment paper or grease it thoroughly.
- Set aside.
- In a large bowl combine rolled oats, cereal and ground flax.
- Measure out the slivered almonds and chocolate chips and set aside.
- In a small saucepan combine molasses and brown sugar. Cook over medium heat until sugar dissolves then bring to a boil for 30 seconds to a minute.
- Remove from heat and quickly add almond butter. Stir to combine.
- Working quickly, pour sugar mixture over dry ingredients and mix well.
- Quickly add the almonds and chocolate chips, using your hands if necessary.
- Still working quickly, press into prepared pan.
- Cool and cut into squares. Makes 24 squares

2 cups GF rolled oats (not instant),
 2 cups Rice Krispies cereal
 (gluten free variety)
 ¼ cup ground flax seed
 ½ cup Crosby's Fancy Molasses
 ½ cup brown sugar
 ½ cup almond butter
 ½ cup slivered almonds,
 pumpkin seeds or sunflower
 seeds (or a combination)
 ½ cup dark chocolate chips
 or dried cranberries (or both)



SPICED CHOCOLATE ALMOND BROWNIES

ADAPTED FROM THE BLOG PEN AND SPOON

- Preheat the oven to 350°F.

Method 1:

- In a medium bowl whisk together dry ingredients. In a small bowl whisk eggs and molasses. Add wet ingredients to dry and mix well. Stir in chocolate. Pour into a greased and floured 8" cake pan (round or square) Bake 30-35 minutes, until batter is set and cake begins to pull away from the sides of the pan.

Method 2:

- Place all ingredients into a food processor and whiz until well combined. Add chocolate and whiz just enough to distribute it in the batter. Pour into a greased and floured 8" cake pan (round or square) Bake 30-35 minutes, until batter is set and cake begins to pull away from the sides of the pan.

1 cup ground almonds
 1 cup sugar
 ½ tsp ground ginger or cinnamon
 3 Tbsp cocoa powder
 4 Tbsp gluten-free flour
 ¼ tsp baking powder
 ¼ tsp salt
 4 eggs
 3 Tbsp Crosby's Fancy Molasses
 150g quality dark chocolate,
 chopped (about 1.5 bars)



JOY'S ALMOND BUTTER ENERGY BALLS

JOY'S ALMOND BUTTER ENERGY BALLS

- Blend and roll into balls.
- Refrigerate or freeze
- Makes about 2 dozen balls.

*1 cup GF rolled oats
1 cup desiccated coconut (unsweetened)
½ cup almond butter (or peanut butter)
½ cup ground flax seed
⅓ cup Crosby's Fancy Molasses
2 tsp vanilla
½ cup dark chocolate chips
(mini chips or an extra dark chocolate bar, chopped)*



GINGER PECAN GRANOLA BARS

MAKES 18 GENEROUS BARS

- Preheat oven to 350°F.
- Line a 9" x 9" baking sheet with parchment paper.
- Spread the oats and pecans on a large baking sheet and bake for 10 minutes, tossing a couple of times. Remove from the oven and place in a large bowl. Stir in chopped ginger.
- In a saucepan over medium heat combine the molasses, brown sugar, coconut oil, vanilla extract, powdered ginger, and salt. Bring to a simmer and cook, stirring constantly about 5 minutes.
- Pour molasses mixture over the oats and toss until the oats are well coated.
- Scrape mixture into prepared pan and press the mixture until firmly packed and smooth on top. Sprinkle over the topping ingredients and press them into the base.
- Refrigerate for a couple of hours and then cut into 18 bars.

*2½ cups GF rolled oats
½ cup pecans, chopped
⅓ cup Crosby's Fancy Molasses
¼ cup brown sugar
¼ cup coconut oil
½ tsp vanilla extract
½ tsp powdered ginger
¼ tsp Salt
½ cup candied ginger, chopped*

Topping:
*2 Tbsp pecans
2 Tbsp candied ginger*

GLUTEN-FREE GINGERBREAD

- Grease and flour an 8"x8" baking pan or line it with parchment paper.
- Preheat oven to 325°F.
- In a saucepan over medium heat combine butter and molasses and warm until the butter melts. Remove from heat and pour into a bowl. Whisk in milk then egg. Whisk flour with baking soda, ginger and salt. Stir flour mixture into the molasses mixture. Beat well.
- Pour into prepared pan and bake for about 35 minutes. Don't over bake.

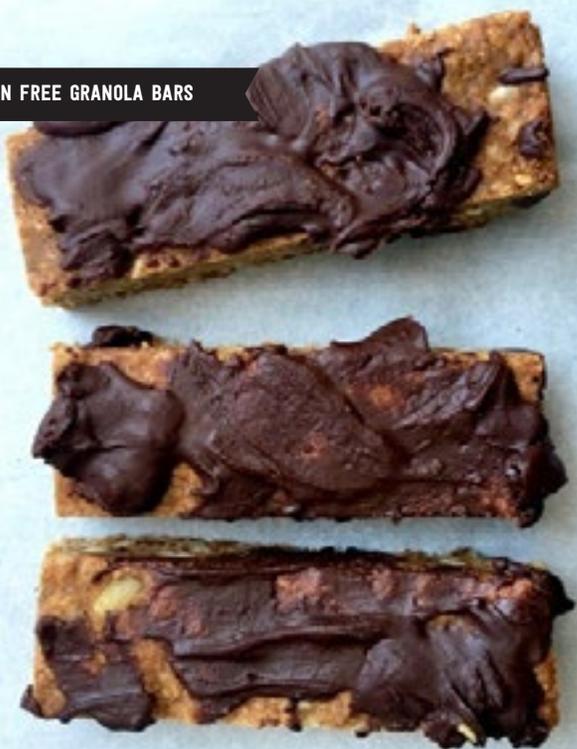
*1 cup Crosby's Fancy Molasses
1/3 cup butter
1/2 cup sour milk
1 egg, well beaten
2 cups gluten free flour
1 tsp xanthan gum
1 1/2 tsp baking soda
1 1/2 tsp ginger
1/2 tsp salt*

THREE-SEED GLUTEN FREE GRANOLA BARS MAKES 16 GENEROUS BARS

- Line an 8"x8" pan with parchment paper. Pre-heat the oven to 350°F.
- In a large bowl combine all dry ingredients. In a medium bowl combine the wet ingredients.
- Add the wet ingredients to the dry and stir well.
- Stir in chocolate chips.
- Press into prepared pan
- Bake for 25-28 minutes (you want the edges to be a little brown so they're crunchy.)
- Cool completely before slicing.

*1 cup GF rolled oats
1/4 cup brown sugar
1/4 cup ground flaxseed
1/2 tsp cinnamon
1/2 cup brown rice flour
1/4 cup pumpkin seeds
3 Tbsp sunflower seeds
1/4 tsp salt
1/4 cup Crosby's Fancy Molasses
2 Tbsp honey
5 - 6 Tbsp melted coconut oil
(or olive oil)
1 tsp vanilla extract
1/4 cup Chocolate Chips*

THREE-SEED GLUTEN FREE GRANOLA BARS



CHEWY COCONUT OATMEAL COOKIES

- Combine dry ingredients in a bowl.
- In a small pot melt the butter along with the molasses and water.
- Stir liquid mixture into the dry ingredients and mix well.
- Drop by tablespoonful on a parchment lined baking sheet.
- Bake at 350°F for 12-15 minutes until golden around the edges.

1 cup gluten free flour blend or almond meal
1 cup GF rolled oats
1 cup unsweetened desiccated coconut
1 cup brown sugar
½ cup butter
¼ cup Crosby's Fancy Molasses
2 Tbsp flax meal (ground flax seed)
2 Tbsp water

GLUTEN-FREE APPLE MOLASSES CAKE

- Preheat oven to 375°F. Sift dry ingredients together in large mixing bowl, combining thoroughly. Blend wet ingredients in a separate mixing bowl. Add wet ingredients to dry ingredients slowly while beating with electric beater or large whisk. Beat thoroughly, until smooth. Spray a 9" round cake pan or a 9" x 13" baking pan with spray (for easier removal of cake from pan, place parchment paper on bottom of pan before spraying). Pour batter into pan.
- Bake cake for 30 to 35 minutes or until a toothpick inserted in cake comes out nearly clean. Remove cake from pan and place on cooling rack. Serve warm.

¼ cup vegetable oil
2 eggs
⅓ cup Crosby's Fancy Molasses
1¼ cup applesauce
1½ cup brown rice flour (fine ground)
½ cup potato starch (not potato flour)
¼ cup tapioca starch
1 tsp guar gum
1 cup sugar
1 tsp salt
1½ tsp baking powder
¾ tsp baking soda
1 tsp cinnamon
½ tsp nutmeg



HEALTHY APPLESAUCE GRANOLA

- Preheat the oven to 300°F and line a large sided cookie sheet with parchment paper.
- In a large bowl stir together the oats, sunflower seeds, coconut, pumpkin seeds, salt & cinnamon. (The dried cranberries are added after the granola has cooked.)
- In a medium bowl whisk the applesauce with the molasses and oil.
- Stir the wet mixture into the dry, making sure to coat the rolled oats well.
- Spread evenly in prepared pan. Bake for 45 minutes, stirring every 15 minutes. If it still needs to dry out a bit leave it in the oven, turn the oven off and check it after five minutes, then 10 minutes.
- Remove from oven, stir in the dried cranberries. Cool completely before packing it in a container.

4 cups old-fashioned GF rolled oats
 ½ cup sunflower seeds
 ½ cup unsweetened flaked coconut (or shredded)
 ½ cup pumpkin seeds
 ½ tsp salt
 ½ tsp cinnamon
 ¾ cup applesauce
 ½ cup Crosby's Fancy Molasses
 3 Tbsp olive, canola or grape seed oil
 ⅓ cup dried cranberries



OATMEAL COOKIE BAKED APPLES

MAKES 2 APPLES

- Pre-heat oven to 400°F. Line a baking pan with parchment paper.
- Melt 1 Tbsp of butter over low heat. Remove from heat and stir in 1 Tbsp of molasses and ½ tsp cinnamon. Set aside.
- Peel the apples and cut in half from top to bottom. Core the apples (use a melon baller or spoon).
- Place the apples cut-side down on a cutting board. Cut slices into the apple, 1/4-inch apart, stopping just before you cut through the bottom.
- Place the apples in the baking pan, flat-side down. Brush the apples with melted butter and molasses mixture.
- Cover pan with foil, and bake for 10-15 minutes, until apples are soft (but not collapsing).

2 large, firm apples
 2 Tbsp butter, divided
 1 ½ Tbsp Crosby's Fancy Molasses, divided
 1 ½ Tbsp brown sugar
 ¾ tsp cinnamon, divided
 1 Tbsp GF flour
 2 Tbsp GF rolled oats
 Pinch of salt

While apples are baking prepare the streusel topping:

- Combine remaining Tbsp. of butter with, remaining ½ Tbsp. of molasses, the brown sugar, 1/4 teaspoon cinnamon, flour, oats, and a pinch of salt.
- Remove apples from oven and top with streusel.
- Increase the oven temperature to 425°F.
- Return apples to oven, uncovered. Bake 10 minutes.

MORE ABOUT OUR MOLASSES



Fancy Molasses

The highest grade of molasses available, fancy molasses is the pure juice of the sugar cane, condensed, inverted and purified. It is 100% natural and contains no additives or preservatives. It is lighter in colour than the other molasses products, and the flavour is tangy sweet. All the recipes in this cook book are made with fancy 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 the highly-concentrated, final by-product of the sugar manufacturing process. As the sugar crystallizes, the residual cane juice thickens into a dark mass and is separated out through a centrifuge. The resulting molasses is very dark with a robust, somewhat bitter flavour. Like fancy molasses, it is a pure product and contains no added sulphates or sulphites. Blackstrap molasses is recognized for its health benefits and is an excellent source of many minerals and nutrients including iron, magnesium and calcium.



We Don't Add Sulfur

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

MOLASSES 100% NATURAL

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

BAKING + MOLASSES

CROSBY'S



SINCE 1879



**SOMETIMES
SLOW IS A
GOOD THING.**

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