

Wholesome Snacks for Hungry Kids

16 recipes for lunchbox and afterschool snacks



Crosby's

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Dark Chocolate Almond Bars

Makes 24 squares (or 12 generous bars)

1 ½ cups almond meal (ground almonds)	¼ cup Crosby's Fancy Molasses
2 Tbsp pumpkin seeds	2 eggs
2 Tbsp sunflower seeds	1 ½ tsp vanilla
1/4 cup ground flax seeds	½ cup dark chocolate or chocolate chips
6 Tbsp desiccated coconut	¼ cup dried cranberries or cherries
½ cup melted coconut oil or butter	

- In a medium bowl combine the almond meal, ground flax, pumpkin and sunflower seeds.
- 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 9×9 pan that has been greased or lined with parchment paper.
- Bake at 350°F for 20 minutes.
- Cool before cutting.

Chocolate chip options:

- Instead of adding the chocolate chips to the batter, as soon as the bars come out of the oven, top with ½ cup chocolate chips. When the chocolate melts spread it evenly over the top.



Oatmeal Flax Bars

5 Tbsp butter (or coconut oil)
3 Tbsp brown sugar
 $\frac{1}{4}$ cup Crosby's Fancy Molasses

2 $\frac{1}{2}$ cups rolled oats
2 Tbsp ground flax or almond meal
 $\frac{1}{2}$ tsp vanilla

- In a medium-sized pot combine butter, molasses and sugar.
- Heat over medium until butter has melted and sugar has dissolved.
- Boil for one minute.
- Remove from heat and add vanilla.
- Stir in rolled oats and flax (or almond meal). Mix well.
- Press into well-greased (or parchment lined) pie pan.
- Bake at 350°F for 20-25 minutes, until edges begin to darken.
- Cool completely in pan.
- Cut into wedges while still in the pan or upend on a cutting board to slice.



Crispy Almond Butter Granola Bars

2 cups rolled oats (not instant),
2 cups Rice Krispies cereal
 $\frac{1}{4}$ cup ground flax seed
 $\frac{1}{2}$ cup Crosby's Fancy Molasses
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup almond butter

$\frac{1}{2}$ cup slivered almonds,
pumpkin seeds or sunflower
seeds (or a combination)
 $\frac{1}{2}$ cup dark chocolate chips or
dried cranberries (or both)

- 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 mix in 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.



Boston Brown Bread Muffins

Makes 12 muffins (the old fashioned size)

$\frac{1}{2}$ cup rye flour	$\frac{1}{3}$ cup packed dark brown sugar
$\frac{1}{2}$ cup yellow cornmeal	$\frac{1}{3}$ cup vegetable oil
$\frac{1}{2}$ cup all-purpose or whole wheat flour	1 cup buttermilk or soured milk*
$\frac{1}{2}$ tsp salt	$\frac{1}{2}$ tsp vanilla
1 $\frac{1}{2}$ tsp baking soda	1 cup golden raisins, currants or dried cranberries
1 egg	
$\frac{1}{3}$ cup Crosby's Fancy Molasses	

*To sour your milk add 1 Tbsp of vinegar to the cup of milk.
Let sit for 5 minutes.

- Butter a standard muffin pan.
- Mix together the flours, cornmeal, salt, and baking soda.
- In a separate bowl, combine the egg, molasses, sugar, oil, buttermilk and vanilla.
- Blend well. Stir the buttermilk mixture into the dry ingredients, along with the fruit, mixing gently until just combined.
- Fill the prepared muffin tins 3/4 of the way
- Bake at 400°F for 15-20 minutes (until tester comes out clean.)



Bran Muffin with Flaxseed, Cranberries and Orange Zest

From the Canadian Living cookbook: 150 Essential Whole Grain Recipes

1 $\frac{1}{3}$ cups buttermilk	$\frac{1}{2}$ cup packed dark brown sugar
$\frac{3}{4}$ cup All-Bran-style cereal	$\frac{1}{4}$ cup flax seeds
$\frac{1}{2}$ cup natural bran	4 tsp baking powder
$\frac{2}{3}$ cup Crosby's Fancy Molasses	2 tsp baking soda
$\frac{1}{3}$ cup oil	$\frac{1}{4}$ tsp nutmeg
1 egg	$\frac{1}{4}$ tsp salt
1 $\frac{1}{2}$ tsp vanilla	Zest of 1 orange
2 cups flour	1 cup dried cranberries or blueberries
$\frac{3}{4}$ cup whole wheat flour	

- In a bowl stir together the buttermilk, bran cereal and natural bran. Let stand 10 minutes then stir in the molasses, oil and egg.
- In a large bowl combine the flours, sugar, baking powder, baking soda, nutmeg, salt and orange zest.
- Pour over the buttermilk mixture and the cranberries and stir gently, just until combined.
- Spoon into greased muffin tins.
- Bake at 375°F for 20-25 minutes.



Alan's Ginger Muffins

Makes 12 muffins

1 ½ cups flour	¼ tsp Salt
½ cup natural bran (or ground flax or wheat germ)	2 eggs
⅔ cup sugar	¼ cup canola oil
1 tsp baking powder	¾ cup milk
½ tsp baking soda	½ cup Crosby's Fancy Molasses
1 tsp cinnamon	2 Tbsp fresh grated ginger (or 1 ½ tsp dried ginger*)

- Grease a 12 cup muffin pan and set aside.
 - Preheat oven to 350°F
 - Combine dry ingredients in a medium size bowl and set aside.
 - In a separate bowl beat together eggs, oil, milk, molasses and fresh ginger.
 - Carefully add wet ingredients to dry ingredients and stir gently until just incorporated.
 - Pour batter into greased muffin cups.
 - Bake for 20-25 minutes and remove when nicely browned.
 - Loosen edges with a knife and remove from pan when cool.
- *If using dried ginger combine it with the flour mixture.



Blueberry Wheat Germ Muffins

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

- Preheat oven to 350°F and grease 12 regular-sized muffin cups
- In a medium bowl combine dry ingredients.
- In another bowl combine yogurt, eggs, oil and molasses.
- Pour wet mixture over the dry ingredients and mix gently, just until combined.
- Stir in blueberries.
- Spoon into prepared muffin pans and bake at 350°F for 18-20 minutes.



Chocolate Almond Brownies

1 cup ground almonds	$\frac{1}{4}$ tsp salt
1 cup sugar	4 eggs
$\frac{1}{2}$ tsp ground ginger or cinnamon	3 Tbsp Crosby's Fancy Molasses
3 Tbsp cocoa powder	150g quality dark chocolate, chopped (about 1.5 bars)
4 Tbsp flour (gluten-free if you like)	I use 70% chocolate
$\frac{1}{4}$ tsp baking powder	

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:

Fire 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.



Zucchini Brownies

$\frac{1}{2}$ cup oil or melted butter	2 tsp. cinnamon
1 $\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup cocoa powder
1 Tbsp vanilla	1 $\frac{1}{2}$ tsp baking soda
1 egg	$\frac{1}{2}$ tsp salt
$\frac{1}{4}$ cup Crosby's Fancy Molasses	2 cups shredded, drained zucchini
2 cups flour	$\frac{1}{4}$ cup chocolate chips (optional)
$\frac{1}{4}$ cup ground flax	

- Line a 9"x9" pan with parchment paper or grease it well.
- Combine oil, sugar, vanilla and molasses. Add egg and mix well. In a separate bowl, combine flour, flax, cinnamon, cocoa, baking soda and salt. Add this mixture to the wet ingredients and mix well. Fold in the zucchini and chocolate chips (if using).
- Spread in prepared pan.
- Bake at 350°F for 35 to 40 minutes.



Goodness Cookies

Makes 24 cookies

*½ cup butter, softened
½ cup packed brown sugar
¼ cup Crosby's Fancy Molasses
1 egg
1 tsp grated orange rind
1 cup whole wheat or spelt flour
¼ cup ground flax (optional)
1 tsp baking powder*

*½ tsp cinnamon
¼ tsp nutmeg
¼ tsp salt
1 cup All-Bran-style cereal
½ cup dark chocolate chips or dried fruit (or a combination of the two)*

- Cream butter and sugar. Beat in molasses, egg and orange zest.
- In a separate bowl combine flour, baking powder, spices and salt.
- Blend into creamed mixture.
- Stir in cereal and chocolate chips.
- Drop by spoonful on parchment lined baking sheet.
- Bake at 350°F for 10 to 12 minutes.



Coconut Flax Molasses Cookies

Ever so slightly adapted from the blog mollyalicensests.com

*½ cup coconut oil, melted
½ cup sugar
2 Tbsp Crosby's Fancy Molasses
1 Tbsp ground flax seeds
1 tsp vanilla
¼ cup milk, room temperature*

*1 ¼ cups flour
½ tsp baking soda
¼ tsp salt
1 ½ tsp Chinese five spice powder
¼ cup sugar for rolling*

- In a medium bowl combine melted oil, sugar, ground flax, milk, molasses, and vanilla. Mix well.
(Tip: cold milk will make your coconut oil seize up. Not good).
- Add dry ingredients (flour, baking soda, salt, and five spice powder) and mix to form a dough.
- Roll dough into balls by the tablespoon and coat in the rolling sugar.
- The dough will feel almost silky so work quickly!
- Place on a parchment-lined cookie sheet.
- Bake at 350°F for 8-10 minutes.



Molasses Oatmeal Cookies

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tsp salt
1 cup brown sugar	1 tsp nutmeg
2 eggs, well beaten	2 cups rolled oats
$\frac{1}{2}$ cup Crosby's Fancy Molasses	1 cup dried cranberries
1 $\frac{3}{4}$ cups flour (can use $\frac{3}{4}$ cup whole wheat)	or chocolate chips (or a combination of the two)
1 tsp baking soda	

- In a large bowl, cream butter and add sugar gradually.
- Blend in the eggs and molasses.
- In another bowl, sift together flour, baking soda, salt & nutmeg.
- Stir in rolled oats.
- Combine dry ingredients with the creamed mixture.
- Mix in cranberries and/or chocolate chips.
- Drop by teaspoonful on a parchment lined baking sheet.
- Bake at 375°F for about 10 minutes.



Whole Wheat Zucchini Bread

Makes two loaves

3 $\frac{1}{4}$ cups flour (half and half whole wheat and white)	$\frac{1}{3}$ cup Crosby's Fancy Molasses
1 tsp salt	$\frac{1}{3}$ cup water
1 tsp nutmeg	2 cups grated zucchini
2 tsp baking soda	1 tsp lemon juice or vanilla
1 tsp cinnamon	1 cup chopped nuts and/or seeds (walnuts, pecans, pumpkin seeds, sunflower seeds, slivered almonds, coconut)
1 cup sugar	
1 cup canola oil	
4 eggs, beaten	

- Preheat oven to 350°F.
- In a large bowl, combine flour, salt, nutmeg, baking soda and cinnamon.
- In a separate bowl, combine oil and sugar. Beat in eggs one at a time. Add molasses and water then stir in zucchini and lemon juice or vanilla.
- Pour wet ingredients into dry, mixing gently. Gently fold in nuts and /or seeds.
- Pour batter into two standard loaf pans that have been well greased. (I also line the bottoms of my pans with parchment paper so the loaves come out more easily after baking). Bake for 50 minutes to 1 hour, or until a tester comes out clean. Alternately, bake in 5 mini loaf pans for about 45 minutes.



Blueberry Flax Gingerbread

*½ cup Crosby's Fancy Molasses
½ tsp baking soda
½ cup butter, softened
½ cup sugar
1 egg
½ cup milk
½ tsp vanilla*

*1 ¾ cups flour (half whole grain half white)
¼ cup ground flax
3 tsp baking powder
½ tsp salt
1 tsp cinnamon
1 tsp ginger
1 cup blueberries*

- Grease an 8" round or square cake pan and line the bottom with parchment paper (or flour).
- Mix soda and molasses.
- Combine remaining dry ingredients.
- In a medium bowl cream butter and sugar, then add the egg, and molasses mixture.
- Add dry ingredients, alternately with the milk.
- Fold in the blueberries.
- Bake at 350°F for about 45 minutes.

Almond Butter Energy Balls

No-bake and speedy

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

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

A few tips:

To make them more nutritious use an extra dark chocolate in place of the chocolate chips. I like to use a bar that's 70% cocoa content, or higher.

For the oatmeal use large flake or quick oats, not instant oatmeal. (Instant oatmeal goes gluey and is lower in fiber).



Substitutes

Sour Milk - Fresh Milk

For 1 cup, place 1 tablespoon lemon juice or vinegar in bottom of a measuring cup. Add enough milk to make 1 cup. Stir and let mixture curdle, about 5 min.

Cocoa - Chocolate

One square (1 ounce) of chocolate equals three tablespoons of cocoa and one tablespoon of butter.

Brown Sugar

Light brown sugar: combine 1 cup white sugar with 1 Tbsp molasses
Dark brown sugar: combine 1 cup white sugar with 3 Tbsp molasses

Molasses

One cup of molasses equals 3/4 cup of sugar. In baking, decrease liquid by 1/4 cup for each cup of molasses. Omit any baking powder and add 1/2 teaspoon of baking soda.

Baking Powder

One teaspoon of baking powder equals 1/4 teaspoon of baking soda plus 3/8 teaspoon of cream of tartar.

Powdered Milk - Fresh Milk

One cup fresh milk equals four tablespoons powdered milk and one cup of water. When powdered milk is to be used, it is convenient to combine it with flour and other dry ingredients and then add the required quantity of water at the point where the use of fresh milk is called for.

Measuring Equivalents

1 tablespoon = 3 teaspoons

1 kg = 2.2 lbs

2 tablespoons = 1 ounce

1 cup = ½ pint

16 tablespoons = 1 cup

1 teaspoon = 5 ml

1 cup = 8 ounces

1 tablespoon = 15 ml

1 cup = 250 ml

1 litre = 35 ounces

More About 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 refined 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

Sulphur dioxide and/or sulfites used to be added to molasses as a preservative or bleaching agent and causes an unpleasant aftertaste. Crosby's does not add sulphur to any of our products.



For additional recipes and information on molasses visit www.crosbys.com.

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