COOK WITH YOUR KIDS
Recipes for Making Memories in the Kitchen

SOMETIMES SLOW IS A GOOD THING
HEALTHYISH OATMEAL CHOCOLATE CHIP COOKIES
Makes 2 1/2 dozen

- ½ cup butter, softened
- ½ cup sugar (can reduce to 6 Tbsp)
- 1 egg, room temperature
- 2 Tbsp Crosby’s Fancy Molasses
- ½ cup vanilla
- ½ cup all-purpose flour, spooned in
- ½ cup whole wheat flour, spooned in
- ½ tsp baking soda
- ½ tsp baking powder
- ¼ tsp salt
- 1 cup old fashioned rolled oats
- 1 cup chocolate chips
- ½ cup dried cranberries or raisins
- ½ cup shredded unsweetened coconut
- ½ cup pumpkin seeds

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.

NO-BAKE CRISPY CRANBERRY GRANOLA BARS
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.

HEALTHYISH OATMEAL CHOCOLATE CHIP COOKIES
Makes 2 1/2 dozen

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- ½ cup sugar (can reduce to 6 Tbsp)
- 1 egg, room temperature
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- ½ cup vanilla
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- ½ cup whole wheat flour, spooned in
- ½ tsp baking soda
- ½ tsp baking powder
- ¼ tsp salt
- 1 cup old fashioned rolled oats
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- ½ cup dried cranberries or raisins
- ½ cup shredded unsweetened coconut
- ½ cup pumpkin seeds

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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.
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.

FUDGY FLAX COOKIES

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.
QUICK & EASY BLUEBERRY OAT MUFFINS

Makes one dozen

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

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.

WHOLE WHEAT CHOCOLATE ZUCCHINI MUFFINS

Makes 12 muffins

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

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.
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.

QUINCY’S FAVOURITE BLUEBERRY PANCAKES
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.
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.

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.
AMELIA’S COOKIE DOUGH SMOOTHIE

Serves 4

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

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.

GREEK YOGURT CHOCOLATE PUDDING

Serves 4

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

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.
SECRET INGREDIENT CHOCOLATE FROSTING

- \( \frac{1}{2} \) cup butter, softened (can use non-dairy butter or margarine)
- 2 Tbsp Crosby’s Fancy Molasses
- 1 tsp vanilla
- \( \frac{1}{4} \) cup milk (can use non-dairy)
- \( \frac{3}{4} \) cup cocoa
- 3 cups icing sugar

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.

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.

MOLASSES CHOCOLATE CAKE
(Egg-free and non-dairy) Serves 10-12

- \( \frac{1}{2} \) cup oil
- 2 tsp vinegar
- 2 tsp vanilla
- \( \frac{1}{4} \) cup Crosby’s Fancy Molasses
- 1 \( \frac{3}{4} \) cups water
- 3 cups all-purpose flour, spooned in
- 1 \( \frac{1}{2} \) cups sugar
- 6 Tbsp cocoa
- 2 tsp baking soda
- 1 tsp salt

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.

Easy creamy icing
- \( \frac{1}{4} \) cup soft butter
- 3 Tbsp milk
- 1 tsp vanilla
- 3-4 cups icing sugar
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.

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.
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 1 ½ 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. Sauté 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.

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.
I love baking with my kids. They have always spent time with me in the kitchen, and baking together was a regular thing once they were old enough to stand on a chair beside me.

Cooking with your kids is a great way to teach life skills. Young kids learn their way around the kitchen without even thinking about it and that helps build confidence to cook on their own.

Like other forms of creative play letting kids explore in the kitchen engages all of their senses and strengthens learning. (Don’t forget about all that math in a recipe!)

Best of all, cooking with your kids, and then sharing the kitchen creations, is a beautiful way to spend time together.

Here’s to making memories in the kitchen.

Midget

Bridget Oland
Crosby’s Molasses Kitchen

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