

Fabulous Food

Sweet Old-Fashioned Goodness Can Be Good For You

(NAPSA)—There are few things sweeter than a source of sweetness that's also good for you. That's why today's nutrition-conscious cooks are singing the praises of molasses, which not only imparts a warm caramel aroma to food but adds iron, calcium and other nutrients.

Premium molasses, such as Grandma's Molasses, is made from the pure juice of sun-ripened sugarcane. Since brown sugar is simply molasses added to white sugar, you can substitute molasses for most recipes calling for brown sugar. For one cup brown sugar, use one cup granulated sugar and a half cup molasses.

Molasses does not need to be refrigerated. Once open, it should be consumed within one year.

Traditional treats made with molasses offer mouthwatering nostalgic flavor that's well suited to a seasonal get-together. Molasses-flavored treats can also warm both body and spirit after building a snowman or ice-skating.

To savor various ways you can enjoy the delicious flavor of molasses and reap the nutritional benefits, try these recipes:

GRANDMA'S CHOCOLATE GINGERBREAD COOKIES (2 dozen)

- 1½ cups flour
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- 1 tsp. baking soda
- ¼ cup cocoa powder
- 8 Tbsp. (1 stick) butter
- 2 tsp. freshly grated ginger
- ½ cup Grandma's Molasses
- 2 Tbsp. sugar
- 6 oz. chocolate chips
- ½ cup chopped nuts (optional)

Sift flour, cinnamon, nutmeg, baking soda and cocoa. Cream butter and ginger until light. Add molasses and



Molasses adds a warm caramel flavor to a variety of dishes, as well as iron, calcium and other nutrients.

sugar and combine. Gradually add flour mixture into butter mixture. Mix in chocolate and nuts. Wrap dough in plastic and refrigerate at least 1 hour. Heat oven to 325°F. Roll 1 Tbsp. dough into ball with your palms and flatten into disks. Place 2 in. apart on baking sheet. Bake 15 minutes. Cool.

GRANDMA'S CHOCOLATE PECAN PIE (8-10 servings)

- 1½ cups pecan halves
- 4 Tbsp (½ stick) butter
- 4 oz. chocolate chips
- 3 eggs
- ½ cup Grandma's Molasses
- ⅔ cup light corn syrup
- 1 Tbsp. sugar
- 1 tsp. vanilla
- ¼ tsp. salt

Ready-made pie crust, such as chocolate cookie
In 350°F oven, toast pecans on baking sheet for 4 minutes. Remove. Raise temp. to 375°F. In small pan over low heat, stir butter and chocolate until

melted, about 1 minute. In mixing bowl, lightly beat eggs. Blend in molasses, corn syrup, sugar, vanilla and salt. Stir in chocolate mixture and then pecans. Spoon mixture into piecrust and bake until filling is set, 45-50 minutes. Cool and serve with whipped cream or ice cream.

GINGER-MOLASSES CARROTS

- 1 Tbsp. butter
- ⅓ cup orange juice
- ⅓ cup Grandma's Molasses
- 1 Tbsp. fresh ginger, minced
- 2 tsp. orange or lemon zest, minced
- 1 lb. carrots, peeled and sliced

Melt butter in heavy saucepan. Stir in remaining ingredients. Add enough water to cover carrots and bring to boil. Reduce heat and simmer, uncovered, until liquid is reduced, 10 minutes.

For more recipes, log on to www.grandmamolasses.com or call 1-866-454-8229.