

Beverages with Molasses



GINGERBREAD MOLASSES SMOOTHIE

Serves: 1

1 cup	chilled almond milk
1	ripe banana, fresh or frozen
1 Tbsp	Chelsea Blackstrap Molasses
1/2 Tbsp	chia seeds
1 tsp	vanilla extract
1/2 tsp	ground cinnamon
1/4 tsp	ground ginger
1/4 tsp	ground allspice
5	ice cubes
1	cinnamon stick (optional)
1	ginger biscuit, crushed (optional)

Method

Place all ingredients, except for cinnamon stick and ginger biscuit, in a blender and mix until smooth. Pour into a glass to serve. Decorate with cinnamon stick and crushed ginger biscuit (optional).

Variations

- **Indulgent:** add a scoop of vanilla or caramel gelato.
- **Espresso:** replace cinnamon, ginger and allspice with a shot of espresso.

HOT MOLASSES MILK

Serves: 1

1 cup	milk
2 tsp	Chelsea Blackstrap Molasses
1/4 tsp	ground cinnamon

Method

Heat milk, then stir through molasses and cinnamon. Sprinkle with extra cinnamon to serve.

Variations

- **Original:** mix 2 tsp molasses with 1 cup boiling water and stir well.

MOLASSES NUTRITION

Delicious and full flavoured, Chelsea Blackstrap Molasses is a versatile syrup full of natural minerals from sugar cane.

Just two teaspoons of molasses provides 19% of the RDI* for calcium and 15% of the RDI* for iron.

*RDI = Recommended Daily Intake



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