

BLACKSTRAP MOLASSES

Blackstrap molasses is the dark liquid that comes from processing raw sugar into refined sugar. Because it is minimally processed it retains a number of trace minerals that give it many healing benefits. Make sure to purchase unsulfured molasses to ensure you are receiving all these nutrients for building in the body.

Health benefits:

- Rich in calcium for bone and teeth building.
- Iron for enriching the blood and helping with anemic conditions.
- Potassium can ease muscle cramps.
- B Vitamins for strengthening the nervous system.
- Energizing
- Anti-inflammatory action can help with joint pain and inflammation in the body, including the gut.
- Helps in the building of red blood cells which transports oxygen throughout the body.
- Promotes a healthy gut.
- Good for women's health during menstruation. It replenishes lost minerals in the blood, balances hormones and eases cramping.
- Can be used as a natural laxative.
- Stabilizes blood sugar levels.
- High in antioxidants which combat free radicals, aiding in cancer prevention.
- Promotes cell growth which can help wounds and cuts to heal faster and acne to clear up.

How to Use

- Use in marinades, dressings and sauces.
- Add in baked goods, such as gingerbread.
- Stir a tablespoon into an herbal tea, smoothie or drink.