

# Better Baked Beans

We use a Vegetarian baked bean: add blackstrap molasses and ketchup to make them more vitamin rich and yummy.



Blackstrap molasses is different than plain molasses. It goes through a 3rd boiling process. It is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin B6 and Potassium, and a very good source of Magnesium and Manganese. It is sugar heavy but so are chewy fruity vitamins.

You can find blackstrap molasses in some food stores but we purchase it at Nature's Pavilion.

The students baked the beans in the same tray as the corny dog muffins.

1 can vegetarian baked beans (makes about 6 muffin cups)

1 teaspoon of Ketchup per muffin space/cup.

1 teaspoon blackstrap molasses per muffin space/cup.

1 muffin tin

Preheat oven 350

Place beans in muffin tin, 1 muffin space/cup per serving

add 1 tsp. ketchup and 1 tsp. molasses per space. mix carefully until blended

Bake 15-20 minutes or bake with corny dogs

serve all together.

Easiest recipe ever!



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