## Copilot

Sure, here are the key attributes of Grandma's Molasses:

1. **Quality**: Grandma's Molasses is made of the highest grade sugarcane molasses [1].
2. **Production**: After the sugarcane is cut and crushed, the liquids are extracted and boiled [1]. The two grades of Grandma's Molasses are created by the length of the boiling process [5].
3. **Grades**: Grandma's Molasses comes in two grades: Original Molasses and Robust Molasses [1]. Both are unsulfured molasses, making them the finest quality of sugarcane molasses available [1].
4. **Flavor**: It's the secret ingredient for baking and cooking [1].
5. **Dietary Attributes**: Grandma's Molasses is a nutritious alternative to refined sugar that is also Kosher and gluten-free [1].
6. **Uses**: It's essential in baked goods (gingerbreads, cookies, pies, cakes) and glazes [1]. Grandma's Molasses is also perfect in slow-cooked dishes like baked beans and barbecue sauce [1].
7. **History**: In recent American history, molasses dates back to 1493, when Columbus introduced it to the West Indies [1]. Molasses became an important product in Colonial trade [1].

Please note that while molasses provides a rapid energy boost, it lacks significant nutritional value. Consuming large amounts of sugar can contribute to weight gain, tooth decay, and increased risk of chronic diseases such as diabetes and heart disease [2]. Enjoy your Grandma's Molasses in moderation! 😊

Source: Conversation with Bing, 5/13/2024

1. [About Grandma’s® Molasses - Grandma's Molasses®](https://grandmasmolasses.com/about/)
2. [Original Molasses - Grandma's Molasses®](https://grandmasmolasses.com/product/original-molasses/)
3. [Exploring the Differences: Grandma's Original Molasses vs. Blackstrap ...](https://dmcoffee.blog/is-grandmas-original-molasses-the-same-as-blackstrap/)
4. [About Grandma’s® Molasses - Grandma's Molasses®](https://bing.com/search?q=key+attributes+of+Grandma%27s+molasses)
5. [Robust Molasses - Grandma's Molasses®](https://grandmasmolasses.com/product/robust-molasses/)
6. [Getty Images](https://www.gettyimages.com/detail/photo/molasses-that-remains-as-a-residue-from-the-royalty-free-image/1185132109)