



THE J.M. SMUCKER CO.

Carrot Spice Muffin

Prep Time **Cook Time** **Serves** **Difficulty**

20 mins 30 mins 12 N/A

Ingredients

- **Muffins:**
 - 1 1/4 cups (300 mL) **Five Roses®** All Purpose Whole Wheat Flour
 - Specialty Flour Whole Wheat
 - 1 cup (250 mL) sugar
 - 1/4 cup (50 mL) natural bran
 - 2 1/4 tsp (11 mL) cinnamon
 - 1/2 tsp (2 mL) nutmeg
 - 1 tsp (5 mL) baking soda
 - 3/4 tsp (4 mL) baking powder
 - 1/2 tsp (2 mL) salt
 - 2 eggs
 - 1/2 cup (125 mL) oil
 - 3 cups (750 mL) carrots, grated
 - 1/2 cup (125 mL) chopped walnuts or pecans (optional)
 - 1/2 cup (125 mL) raisins
- **Streusel Topping (optional):**
 - 1/3 cup (75 mL) walnuts or pecans, chopped
 - 2 tbsp (30 mL) brown sugar, lightly packed

Directions

Step 1:

Combine flour, sugar, bran, spices, baking soda, baking powder and salt in mixing bowl.

Step 2:

Beat eggs and oil until light.

Step 3:

Stir in carrots.

Step 4:

Add liquid ingredients to dry ingredients. Stir just until moistened.

Step 5:

Stir in nuts and raisins.

Step 6:

Fill greased muffin cups 3/4 full.

Step 7:

Combine nuts and brown sugar for topping. Sprinkle on top of muffins.

Step 8:

Bake at 375°F (190°C) for 25-30 minutes or until top springs back when lightly touched.

Images

