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.

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