



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

