THE J.M. SMUCKER Co

Vegan Muffins Made With Organic Flour

Prep Time	Cook Time	Serves	Difficulty
10 mins	20 mins	12	N/A

Ingredients

- 1/2 cup (125 mL) vegetable oil
- 1 tsp (5 mL) vanilla
- 1 1/2 cups (375 mL) tomato juice or blended vegetable juice
- 1 cup (250 mL) shredded carrot
- 3/4 cup (175 mL) brown sugar
- 2 cups (500 mL) **Robin Hood®** Organic All Purpose Flour

  Robin Hood® Organic All Purpose Flour (Unbleached)

- 1/2 cup (125 mL) **Robin Hood®** Oats

  Robin Hood® Quick Oats

- 2 tbsp (30 mL) chia seeds
- 3/4 tsp (4 mL) salt
- 2 tsp (10 mL) baking powder
- 1/2 tsp (2 mL) baking soda
- 1/2 tsp (2 mL) cinnamon

Directions

Step 1:

Preheat the oven to 400°F (200 °C). Line 12 muffin pans with liners.

Step 2:

Whisk the oil, vanilla and juice together in medium bowl. Add carrots and remaining dry ingredients. Mix just until moistened. Spoon into prepared pans.

Step 3:

Bake in preheated oven 18-20 minutes or until golden.

Images

