



Total Time
40 MIN.

Serving & Size
1 EACH (1 MUFFIN)

Difficulty
EASY

Dense muffins are enhanced with Tomato Juice, which adds to the richness and moistness as well as flavors of the added spices.


Yields
24

Nutrition Facts	
Serving Size	1 EACH (1 MUFFIN)
Amount Per Serving	
Calories 225	
	% Daily Value
Total Fat 9.9g	15%
Saturated Fat 0.9g	5%
Cholesterol 16mg	5%
Sodium 274mg	11%
Total Carbohydrate 31.3g	10%
Dietary Fiber 1.5g	6%
Protein 3.6g	7%
Vitamin A 8%	Vitamin C 7%
Calcium 5%	Iron 7%

INGREDIENTS

WEIGHT

MEASURE

vegetable cooking spray		
all-purpose flour	1 lb.	4 cups
sugar	12 oz.	1 1/2 cups
baking powder		1 332/997 tbsp.
ground cinnamon		2 tbsp.
salt		1 tsp.
baking soda		1/2 tsp.
ground ginger		1/2 tsp.
nutmeg		1/2 tsp.
 Campbell's® Tomato Juice		2 cups
vegetable oil		67/100 cups
egg		2 ea.
carrot, shredded	8 oz.	1 1/2 cups
walnuts, coarsely chopped, toasted	4 oz.	1 cups



INSTRUCTIONS

1. Pre-heat oven to 400°F conventional or 350°F convection. Lightly grease or line 24 (2 1/2 inch) muffin tins.
2. In large bowl, sift together flour and all dry ingredients; hold.
3. In mixing bowl equipped with a paddle attachment, gently combine tomato juice, oil and eggs. Add dry ingredients and mix until just blended, about 2 minutes on medium-low. Fold in carrots and walnuts and scoop batter into prepared pans, using a #24 scoop (about 1/3 cup batter per muffin).
4. Bake muffins 22-25 minutes or until cake tester comes out clean. Remove from heat and let muffins cool in pan 10 minutes before removing from tins and cooling on wire racks.