

Whole Grain Vegan Cranberry-Nut Muffins

Ingredients

Yields 12 muffins

- 2 ½ cup Whole Wheat Flour
- 1 cup brown sugar/stevia
- ¾ tsp salt
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- 1 cup dried cranberries
- ½ cup diced walnuts or pecans
- ½ cup vegetable oil
- 1 tsp vanilla extract
- 1 ½ cups tomato juice



Directions

Preheat the oven to 400 degrees F. Lightly grease and flour the walls of a muffin pan, or line the pan with paper liners and grease the liners. Whisk together all the dry ingredients, including the cranberry and nuts. In a separate bowl, whisk together the vanilla, vegetable oil, and tomato juice. Stir the wet ingredients into the dry ingredients; don't over-mix, stir until everything is moistened. Spoon the batter into the prepared muffin cups, filling each nearly full. Bake the muffins for 18-20 minutes until they've domed nicely and they're lightly browned around the edges.