

Sweet and Spicy Pumpkin Seeds

Pumpkin seeds are wonderful on their own as a snack or as a crunchy topper for soups, salads, cooked cereals, and veggies. They are high in anti-oxidant nutrients like zinc, manganese, and mixed Vitamin E tocopherols, as well as copper, magnesium, iron Omega 6 essential fatty acids and fiber. Pumpkin seeds store well, I like to keep mine whole and in the freezer to protect their fats.

1 cup raw pumpkin seeds
2 teaspoons sweetener; maple syrup, honey, agave, or brown sugar
¼ teaspoon cinnamon
generous pinch of cayenne
rounded ¼ teaspoon sea salt
2 teaspoons extra virgin olive oil

Preheat oven to 350 degrees.

Place seeds in a large bowl and toss with sweetener, spices, salt and oil.

Transfer to a sheet pan and roast, stirring once or twice, until fragrant and slightly golden, about 10 minutes.

Remove from oven and let cool.

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Chef C's Cooking tips:

- This method also works perfectly for seeds still in their shells. The ones that are fresh from the pumpkin or squash.
- Once they go into the oven keep an eye on them as they can easily burn.
- Chili powder tastes great in place of cinnamon and cayenne.