



Spiced Maple Pumpkin Seeds

Jacob · 29/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

6

Description

These roasted maple pumpkin seeds are made with maple syrup and spices for a deep rich flavor A great snack

Ingredients

- - ¼ cup butter - 2 cups raw whole pumpkin seeds
- washed and dried - 1 teaspoon ground cinnamon - ¼ teaspoon ground nutmeg - 2 tablespoons maple syrup

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Line a large baking sheet with parchment paper. Melt butter in a large skillet over medium-low heat. Stir in seeds and cook
2. stirring constantly
3. until seeds turn slightly brown in color
4. about 10 minutes. Remove from the heat and drain off any excess butter. Stir in cinnamon
5. nutmeg
6. and maple syrup until seeds are thoroughly coated with spices. Spread seeds out onto the prepared baking sheet. Bake in the preheated oven
7. stirring every 10 minutes
8. until crisp and golden brown
9. 30 to 45 minutes total. Tips Use brown sugar and other spices instead of maple syrup
10. cinnamon
11. and nutmeg if preferred. For a savory version
12. try a combination of brewer's yeast and salt. Some people like their pumpkin seeds extra crispy
13. while others prefer them lightly toasted. Cooking time will vary depending on your preference. Editor's Note: Nutrition data for this recipe includes the full amount of butter. The actual amount of butter consumed will vary.