



Sweet Pumpkin Seeds

Jacob · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

1 hr

Description

My husband asked if I could make a sweet pumpkin seed batch from all the pumpkin seeds we got from carving jackolanterns

Ingredients

- - 2 cups raw whole pumpkin seeds - 2 tablespoons butter
- melted - ½ cup white sugar
- divided - 1 tablespoon ground cinnamon
- divided

Instructions

1. Remove all the pulp and strings from the pumpkin seeds
2. then wash and thoroughly dry the seeds. Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper. Place the melted butter in a bowl
3. toss the seeds in the butter to coat
4. and pour them onto the prepared baking sheet. Sprinkle about 2 tablespoons of sugar and 1 teaspoon cinnamon over the seeds
5. stir the seeds around to mix the coating
6. and spread them into a single layer. Bake the seeds in the preheated oven for 5 minutes. Remove the seeds from the oven
7. and sprinkle them with another coating of 2 tablespoons sugar and 1 teaspoon cinnamon
8. mixing the seeds together and spreading them out as before. Bake 5 more minutes. Repeat the coating and baking step one more time
9. and bake the seeds for 5 more minutes. Sprinkle the seeds with the remaining 2 tablespoons of sugar
10. mix
11. and bake the sugar coating onto the seeds
12. about 10 more minutes. Let the seeds cool on the baking sheet before eating.