

Sweet Vanilla Cinnamon Pumpkin Seeds

Jacob · 29/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

12

Description

A great way to make your pumpkin seeds into a sweet and healthy treat They smell so good and taste even better

Ingredients

- - 3 cups pumpkin seeds
- rinsed and dried - 3 tablespoons butter
- melted - 3 ½ teaspoons vanilla sugar
- divided - 1 tablespoon ground cinnamon
- divided - ½ teaspoon white sugar - ½ teaspoon vanilla extract

Instructions

1. Preheat oven to 275 degrees F (135 degrees C). Place seeds in a mixing bowl. Pour melted butter over seeds; stir to coat. Combine 1 teaspoon vanilla sugar (see Cook's Note)
2. 1 teaspoon cinnamon
3. and 1/2 teaspoon white sugar in a small bowl; mix well. Stir in vanilla extract. Spread sugar mixture over seeds
4. stirring to coat evenly. Spread seeds over a baking sheet in a single layer. Combine 1 teaspoon vanilla sugar and 1 teaspoon cinnamon in a small bowl; sprinkle over seeds. Bake seeds in the preheated oven for 30 minutes. Remove baking sheet from oven
5. stir seeds
6. and spread evenly on baking sheet again. Combine 1 teaspoon vanilla sugar and 1 teaspoon cinnamon in small bowl and sprinkle over seeds. Return seeds to oven for 30 more minutes. Remove seeds from oven. Sprinkle remaining 1/2 teaspoon vanilla sugar over seeds
7. and return to oven for 5 minutes. Remove from oven
8. pour into a serving bowl
9. and serve warm. Cook's Note: Actual baking time may vary depending on how wet or dry your seeds were to begin with. Editor's Note: Vanilla bean sugar can be found in specialty shops or online
10. or you can make your own by storing a clean
11. dry vanilla bean in a jar of granulated sugar. (This is a great way to get more flavor out of vanilla beans you've scraped and used for other desserts.)