

Sweet Spicy Pumpkin Seeds

Jacob · 29/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

4

Description

These are a very tasty treat for snacking or parties

Ingredients

— - 1 cup raw cleaned whole pumpkin seeds - ¼ teaspoon ground cinnamon - ½ teaspoon chili powder - 1 teaspoon white sugar - 1 tablespoon olive oil - 1 tablespoon white sugar

Instructions

1. Preheat oven to 250 degrees F (120 degrees C). Place the pumpkin seeds on a cookie sheet
2. and spread them out into a single layer. Roast until brown and crisp
3. about 45 minutes. Set the seeds aside in a large bowl. Place the cinnamon
4. chili powder
5. and 1 teaspoon of sugar in a bowl
6. and set aside. Place olive oil and 1 tablespoon of sugar in a heavy saucepan over medium-low heat
7. and heat and stir with a wooden spoon until the sugar turns a light golden brown color. Watch it carefully to avoid burning. Pour the caramelized sugar mixture over the roasted pumpkin seeds
8. and stir to coat. Pour the cinnamon-chili powder mixture over the seeds
9. and toss to coat the seeds with the spices.