

Cinnamon Sugar Pumpkin Seeds

Jacob · 29/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

10

Description

Toasted cinnamon pumpkin seeds make a great snack especially around Halloween when you can use fresh pumpkin seeds

Ingredients

- - 1 ½ cups pumpkin seeds - 3 tablespoons butter
- melted - 1 teaspoon ground cinnamon - ¼ teaspoon salt - 2 tablespoons white sugar

Instructions

1. Gather the ingredients. Preheat the oven to 300 degrees F (150 degrees C). Line a baking sheet with parchment paper. Dotdash Meredith Food Studios Place pumpkin seeds into a large bowl. Mix butter
2. cinnamon
3. and salt together in a small bowl; pour over seeds and toss until evenly coated. Spread seeds in a single layer on the prepared baking sheet. Dotdash Meredith Food Studios Bake in the preheated oven
4. stirring occasionally
5. until seeds are light golden brown
6. about 40 minutes. Remove from the oven; sprinkle sugar over warm seeds and stir until evenly coated. Dotdash Meredith Food Studios Cook's Note You can adjust the amount of cinnamon and sugar to suit your taste. I like to serve the toasted seeds warm or at room temperature.