



SWEET AND SPICY PUMPKIN SEEDS

(these are a great “sweet” with protein and crunch)

1 cup unsalted pumpkin seeds

1 tbs. organic canola oil (the regular oil is full of chemicals)

1/2 tsp. real sugar

1/2 tsp. cumin

1/4 tsp. chili powder

1/4 tsp. kosher salt

1/4 tsp. ground cinnamon

Mix all the seasonings into the oil in a large bowl. You will mix the seeds into this mixture after you toast them

Place pumpkin seeds in large skillet over medium heat. Seeds will start to pop and turn slightly brown when done. Take off heat and let cool slightly (3-5min). Pour seeds into bowl of oil and seasonings.

Spread seeds out on rimmed cookie sheet. If you like them a little more crunchy, you can bake them at 350 for 10 minutes to dry and crisp.

Make a double or triple batch because they will be a big hit! Add to salads or wraps