



SWEET AND SPICY PUMPKIN SEEDS

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

INGREDIENTS

- 1 cup Pumpkin seeds, unsalted
- 1 Tbsp Organic canola oil (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 Cinnamon, ground

PREPARATION

Mix all the seasonings into the oil in a large bowl.

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