



Cinnamon Toast Crunch Pumpkin Seeds

2 servings

50 minutes

Ingredients

1/2 cup Pumpkin Seeds, In Shell (rinsed and dried)
1 1/2 tps Extra Virgin Olive Oil
1 tbsp Maple Syrup
1/4 tsp Sea Salt
1/4 tsp Cinnamon

Directions

- 1 Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 2 Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
- 3 Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

Notes

Best Results: This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

No Fresh Seeds: Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

Storage: Once completely cooled, store in an air-tight container at room temperature.