



One of my favorite Halloween-time snacks has always been **toasted pumpkin seeds**. What an easy yummy snack! This year my daughter made...

Spiced Maple Pumpkin Seeds

Ingredients:

1/4 cup butter
2 cups raw whole pumpkin seeds, washed and dried
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
2 tablespoons maple syrup



Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Line a large baking sheet with parchment paper.
2. In a large skillet over medium-low heat, melt the butter, then stir in the seeds. Cook, stirring constantly, until the seeds turn slightly brown in color, about 10 minutes. Remove from heat. Drain off any excess butter, and stir in the cinnamon, nutmeg, and maple syrup until the seeds are thoroughly coated with spices. Spread the seeds out onto the prepared baking sheet.
3. Bake in the preheated oven until crisp and golden brown, stirring every 10 minutes, for 30 to 45 total minutes of baking time.

Basic Roasted Seeds Recipe

1. Clean off most of the pumpkin pulp. Rinse the seeds until clean.
2. Spread seeds on paper towels to dry.
3. Use about 3 TBSP of melted butter to drizzled over seeds and sprinkle with salt.
4. Bake in oven at 300 degrees for about 45 minutes. Seed shells should be brittle, crunchy and easy to chew.

Variations:

2 tsp Worcestershire sauce mixed into butter
Sprinkle 1/8 tsp garlic powder over seeds
Use a packet of ranch dressing powder to sprinkle over seeds
Cayenne powder
Cheese powder or
Cinnamon

The possibilities are endless!