

Sweet-n-Salty Pumpkin Seeds

As found on www.allrecipes.com



2 cups fresh pumpkin seeds
¼ cup + 2 Tbsp sugar
½ tsp salt
1 ½ tsp cinnamon
½ tsp ginger
¼ tsp ground cloves
¼ tsp nutmeg
2 Tbsp oil

Preheat oven to 250°. Line a baking sheet with foil. Spread seeds over top of foil and bake 1 hour, stirring once. Let cool slightly.

In a small bowl combine ¼ cup sugar and spices; set aside.

Heat oil in skillet on high. Add seeds and 2 tbsp sugar. Cook and stir until sugar caramelizes on seeds, about 1 minute. Pour into bowl with spices and stir to coat. Cool completely and enjoy.

