

# Sweet and Spicy Pumpkin Seeds

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Recipe only slightly adapted from [Cooking Light](#)



## INGREDIENTS:

- 1 cup unsalted pumpkin seed kernels – soaked in salt water for 8-24 hours in advance, and then dried
- 1 tablespoon olive oil (or canola oil)
- 1 teaspoon sugar
- ½ teaspoon ground cumin
- ½ teaspoon chipotle chile powder (any kind will do)
- ¼ teaspoon cayenne pepper
- ¾ teaspoon kosher salt
- ¼ teaspoon ground cinnamon

## DIRECTIONS:

- Soak the pumpkin seeds first to clean off the gunk. Then soak them in a fresh bowl of salt water for 8-24 hours before proceeding with the recipe. This step helps to make the pumpkin seeds easier to digest. Dry the seeds on a towel.
- Preheat oven to 325°F.
- Put the pumpkin seeds in a large skillet over medium heat. Cook until toasted, about 4 minutes, stirring constantly. Remove from heat when done.
- Combine oil and remaining ingredients in a large bowl. Add seeds, tossing to coat.
- Spread coated pumpkin seeds in a single layer on a baking sheet. Bake for 10 minutes, then stir, and bake for another 7 minutes.
- Let cool in the pan for 3 minutes, then transfer to a plate to continue cooling.
- Store sweet and spicy pumpkin seeds in an airtight container; they should keep for about a week.