

Simple Sweet & Spicy Pumpkin Seeds

You will need:

- 2 cups fresh pumpkin seeds
- 1/4 c. sugar
- 1 tsp. pepper
- 1/2 tsp. salt
- Medium mixing bowl
- Baking sheet

Directions:

- 1) Preheat the oven to 375°, and move a rack in the oven to the topmost position.
- 2) Add the pumpkin seeds to the mixing bowl. Try to get out as much of the orange stringy stuff from the pumpkin as possible, but if a few strings remain that's okay.
- 3) Add the sugar, pepper, and salt to the bowl, and mix well until the seeds are well coated.
- 4) Place the coated seeds on a baking sheet in as much of a single layer as possible. (If you want, you can line the baking sheet with foil first - it makes cleanup a lot easier!)
- 5) Bake on the top rack of the oven for 15 minutes, or until the seeds turn golden brown. Check them carefully as the time nears 15 minutes - you don't want to overcook them at all or they'll taste burned!
- 6) Let cool 10 minutes, then remove the seeds and place them in a sealed container. These will last for a couple weeks on the counter in a sealed container, just as sticky and delicious as ever! Enjoy!