

## Sweet and Spicy Pumpkin Seeds

- 1 cup pumpkin seeds (from 1 medium pumpkin)
  - 5 tablespoons [sugar](#)
  - 1/4 teaspoon [salt](#)
  - 1/4 teaspoon [ground cumin](#)
  - 1/4 teaspoon [ground cinnamon](#)
  - 1/4 [ground ginger](#)
  - 1 pinch [cayenne pepper](#), to taste
  - 1 1/2 tablespoons peanut oil
1. Preheat oven to 250°F.
  2. Remove and wash seeds from pumpkin.
  3. Spread seed on cookie sheet bake for 1 hour stirring occasionally, about one hour.
  4. Combine in bowl 3 tablespoons sugar, salt, cumin, cinnamon, ginger, cayenne.
  5. Heat peanut oil in large skillet over high heat.
  6. Add pumpkin seeds and remaining 2 tablespoons sugar.
  7. Cook until sugar melts and seeds caramelize (about 45 seconds).
  8. Transfer to bowl with spices and coat well.
  9. Let cool.
  10. Store for up to 1 week in airtight container.

NOTE: I don't even rinse the seeds. Just get the goop off.