

# Betty's Spiced Toasted Pumpkin Seeds Recipe



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In this video, Betty uses her cooking pumpkin from the pumpkin patch at Baldwin Farms to demonstrate how to make Spiced Toasted Pumpkin seeds. These are sweet, salty, and crunchy. They are not low calories, but they are packed with nutrients!

## Ingredients:

- 1 cup raw pumpkin seeds, with all pulp removed, rinsed, and dried with paper towel
- 6 tablespoons sugar, divided
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon pumpkin pie spice
- 1 tablespoon butter

Preheat oven to 250 degrees. Spread pumpkin seeds in a single layer on a baking sheet. Toast for 45 minutes, stirring occasionally, until seeds appear dry and toasted. If you have large seeds, the cooking time may be longer. In a large bowl, stir together 2 tablespoons of sugar,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{2}$  teaspoon pumpkin pie spice. Set aside. Melt butter in large skillet over medium-high heat. Add the hot, toasted pumpkin seeds and sprinkle the remaining 4 tablespoons sugar over the seeds. Cook over medium heat, stirring continually, until the sugar melts. This should take only a minute or so. Pour caramelized seeds into the bowl with the spiced sugar mixture. Stir until all seeds are coated. Cool before serving. Store in an airtight container. These Spiced Toasted Pumpkin Seeds are a great treat anytime, and children really enjoy them!