

Sweet Spicy Pumpkin Seeds

- 5 tablespoons sugar
- 1/4 teaspoon coarse salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- Pinch cayenne pepper, or to taste
- 1 1/2 tablespoons peanut oil

To roast your pumpkin seeds, do not wash them first! Washing removes all the natural flavor. Instead, remove the seeds from the strings and place a single layer on a cookie sheet. Try and make an even layer, the less they lay on each other, the better they can bake.

Add salt to taste and bake at 250° until dry, stirring occasionally. I bake mine for about 15 to 30 minutes or until the start to turn a very light gold.

In a medium bowl combine 3 tablespoons of the sugar and the salt, cumin, cinnamon, ginger, and cayenne.

Heat peanut oil in a large nonstick skillet over high heat.

Add pumpkin seeds (after baked) and the remaining 2 tablespoons sugar. Cook until sugar melts and the pumpkin seeds begin to caramelize, about 45 to 60 seconds.

Transfer to bowl with spices and stir well to coat. Let cool.

*The original recipe can be found online at [Wanda's Halloween Cookbook](http://www.halloweenkitchen.com/halloween-recipes-pumpkin-seeds.html)
(<http://www.halloweenkitchen.com/halloween-recipes-pumpkin-seeds.html>).*