

Maple Roasted Pumpkin Seeds

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Ingredients:

1 ½ cups pumpkin seeds
1 tablespoon coconut oil
1 tablespoon pure maple syrup
1 teaspoon ground cinnamon

After removing the seeds from your pumpkin, separate the pulp from the seeds.

Once the seeds are cleaned, cover them with water and let them sit overnight. (This step is optional.)



Preheat your oven to 300°F (150°C). Drain the water from the pumpkin seeds (if you soaked them overnight) and dry them on a cloth towel.

In a bowl, mix the seeds with the coconut oil, maple syrup, and cinnamon. If your coconut oil is not in a liquid or mostly-liquid state, melt it on the stove and allow it to cool slightly before using. Mix well so the seeds are evenly covered.

Spread the pumpkin seeds on a large baking sheet with as few touching as possible. Bake for one hour, stirring every 10 or 15 minutes.

Let cool and store covered.

[Note: the ingredient measurements can be adjusted up or down depending on how many seeds your pumpkin contains.]

