

Cinnamon Sugar Pumpkin Seeds

Toasted cinnamon pumpkin seeds make a great snack, especially when you can use fresh pumpkin seeds.

Prep Time: 10 mins

Total Time: 50 mins

Cook Time: 40 mins

Servings: 10 (1-1/2 cups)

Ingredients:

- 1-½ cups rotini pasta
- 1 ½ cups pumpkin seeds
- 3 tablespoons butter, melted
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 2 tablespoons white sugar

Directions:

Step 1 – Gather the ingredients. Preheat the oven to 300 degrees F. Line a baking sheet with parchment paper.

Step 2 – Place pumpkin seeds into a large bowl. Mix butter, cinnamon, and salt together in a small bowl; pour over seeds and toss until evenly coated. Spread seeds in a single layer on the prepared baking sheet.

Step 3 – Bake in the preheated oven, stirring occasionally, until seeds are light golden brown, about 40 minutes. Remove from the oven; sprinkle sugar over warm seeds and stir until evenly coated.

