SPICY ROASTED PUMPKIN SEEDS

INGREDIENTS

1 cup pumpkin seeds
1 tsp Olive Oil
1 tbsp brown sugar
1/2 tsp salt
1/8 tsp cayenne pepper
1/8 tsp black pepper

Baking Sheet
Silicone baking mat or
parchment paper

DIRECTIONS

1. Day Ahead Prep: Take your pumpkin seeds and make sure to wash them off from any of the pumpkin insides. Make sure to soak them for 8-24 hours in filtered water and a tbsp of salt to help with the roasting process.
2. Roasting Day: Preheat Oven to 300°.
3. Make sure the seeds are dried thoroughly (by towel or leaving out to air dry).
4. Mix ingredients and toss the pumpkin seeds thoroughly to coat.
5. Spread out on the baking sheet in a single layer. Roast for 20-30 minutes until crispy but not burnt.
6. Store in an airtight container for up to a week.

NOTES
Experiment with sweet and salty spices if you don't like spicy