

Roasted Pumpkin Seeds – Candied Pumpkin Seeds

Very soon there will be a lot of pumpkin carving and massacring at our house, which means there will be a lot of pumpkin seeds. We couldn't bear to throw away such a delicacy as pumpkin seeds. They are tasty and loaded with nutrients and our kids love them! So this fall, before you carve or smash that pumpkin, do yourself a favor, and save the seeds.

For Roasted or Candied Pumpkin Seeds, place the following ingredients in a bowl and refrigerate 4-8 hours, or overnight:

- 1 ½ - 2 cups of raw pumpkin seeds
- 2 Tablespoons salt
- 1 quart (4 cups) water

After seeds have soaked in salt water, drain seeds, but DO NOT RINSE! Pour seeds onto paper towels and blot dry.

Preheat oven to 400 degrees. Line a shallow cookie sheet or jelly roll pan with aluminum foil.

Combine ¼ cup olive oil and ½ stick melted butter. Add the pumpkin seeds.

ROASTED PUMPKIN SEEDS:

After combining seeds with the oil/butter mixture, spread over aluminum foil and bake for about 20-30 minutes, stirring seeds after 10-15 minutes. Seeds should be golden brown and toasty, but not over done when removing them from the oven. Let seeds cool before eating. It's hard but worth it!



CANDIED PUMPKIN SEEDS:

After combining the seeds with the oil/butter mixture, add ½ cup sugar and stir well. Then spread mixture over aluminum foil and bake for 20-30 minutes, stirring every 10 minutes. Due to the sugar content, this mixture tends to burn more easily. When seeds turn caramel color, remove them from the oven. Spread hot seeds over wax paper or a greased cookie sheet to cool. We like to sprinkle ours with cinnamon!

