

Pumpkin Seeds: Sugar 'n Spice

This recipe is a sweet twist on a classic fall flavor inspired by a bit of caramel drizzled over pumpkin pie. It's also the brainchild of a sleepless night.

Ingredients

For Boiling

- 2 cups water
- 1 tbsp salt
- 2 cups pumpkin seeds, washed and cleaned

The Sauce

- 4 tbsp butter, melted
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{2}$ tsp cinnamon, ground
- $\frac{1}{8}$ tsp allspice, ground
- $\frac{1}{8}$ tsp nutmeg, ground



Method

- 1. Boil Seeds:** Dissolve salt in boiling water. Add the seeds and boil for 10 minutes. Drain and place on a non-fuzzy kitchen towel to dry for 2 hours.
- 2. Mix Sauce:** Towards the end of the drying period, turn the oven on to 250°F, and then mix all the sauce ingredients together in a medium bowl. Add the seeds and mix again until all seeds are covered.
- 3. Bake Seeds:** Place seeds on an ungreased cookie sheet and spread evenly. Place in oven for ~2 hours. Flip seeds about every 20 minutes to prevent from burning and to cook evenly. Depending on how dry the seeds were, start checking at the hour mark. Seeds will be done when they're toasty brown, lighter in weight, have a crunchy exterior, and a middle chewy interior. In this specific case, the sugar may prevent the outside from being crunchy until it's cool to the touch.

Notes



Baking time greatly depends on how long you let the pumpkin seeds dry. If the seeds are completely dry before you bake them, you may only need to bake them for 20 minutes. Although this recipe takes a long time from start to finish, most of the time you're not doing anything but checking on the seeds.

Prep

- Prep: 15 Minutes
- Rest: 2 Hours
- Bake: 2 Hours
- Total Time: 4 Hours

Source: [Chris Mower \(TheCookingDish.com\)](#) (Yield: 2 cups)
