

Roasted Curry and Brown Sugar Pumpkin Seeds



Servings: 8

*4 cups raw pumpkin seeds
3 tablespoons olive oil
2 tablespoons curry powder
2 tablespoons brown sugar
1 pinch salt*

Pre-heat your oven to 400°F.

In a medium sauce pan bring salted water to a boil and add the pumpkin seeds, boil for 10 minutes.

Drain and remove any pumpkin flesh. Place the seeds on a clean dish towel and pat them dry.

In a bowl combine olive oil, curry powder, brown sugar, and salt. Add the pumpkin seeds and toss until they are completely coated.

Spread out the pumpkin seeds in a single even layer on a baking sheet lined with parchment paper. Bake for 20-24 minutes or until golden brown.

Let cool completely and transfer to an airtight container.

Enjoy!

Per Serving (excluding unknown items): 58 Calories; 5g Fat (78.4% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 20mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 10mg Calcium; trace Iron; 21mg Potassium; 6mg Phosphorus.
Exchanges: .