

Spiced Pumpkin Seeds

Prep time:

5 minutes

Cooking time:

10 minutes

Yields:

8 people

Ingredients:

1 cup pumpkin seeds

2 tablespoons coconut oil, melted

1 tablespoon coconut sugar

1/4 teaspoon cayenne pepper

1 teaspoon pumpkin pie spice (ground cinnamon, nutmeg, ginger and allspice. You can buy this or mix your own)

salt and pepper to taste

Directions:

Heat oven to 350°. Mix all ingredients well and spread out onto a parchment paper lined sheet pan and bake for 10 minutes.