



## Thai Candied Pumpkin Seeds

Pumpkin is a lower fat seed and rich in zinc and protein, but when mixed with sweet-hot-salty syrup and baked until crunchy they do become rather addictive so be sure to follow the portion size! A few scattered on a salad go a long way.

### INGREDIENTS:

1 cup Demerara (raw) sugar  
¼ cup water  
½ cup maple syrup  
1 tsp cayenne pepper  
1 tsp kosher salt  
3 cups raw organic pumpkin seeds

### PREPARATION:

- Heat oven to 400°.
- Combine first five ingredients in a sauce pot and gently simmer to a light caramel
- Stir in pumpkin seeds
- Spread seeds thinly on a spray-oiled baking sheet and place in hot oven for 10 minutes
- Remove from oven and stir seeds with a broad, flat, metal spatula, pulling seeds from the edges of the pan to the middle and the middle to the edges to help evenly brown
- Return pan to oven and bake 5-10 minutes longer until seeds are vigorously bubbling, watch carefully
- Remove from oven and stir again. The stirring causes crystallization
- Scatter seeds onto a sheet of parchment or wax paper and allow to cool
- When cool break apart
- Store in an air-tight container

**Number of servings:** 24  
**Serving Size:** 2 Tbsp  
**Calories:** 189  
**Fat Grams:** 12  
**Protein:** 8 grams

