



Spiced Pumpkin Seeds with Maple

Recipe Gluten-free, dairy-free (casein-free),
hypotoxic and vegan

By: Cuisine L'Angélique

INGREDIENTS

- 315 ml (1 1/4 cups) fresh pumpkin seeds
- 15 ml (1 tbsp) olive oil
- 45 ml (3 tbsp) maple sugar
- 2.5 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground nutmeg
- 1 pinch of salt
- 30 ml (2 tbsp) maple syrup

PREPARATION

Dry the pumpkin seeds.

Here are two methods:

1. Clean them well after scraping them out of the pumpkin and let them dry on the counter overnight. Then mix with the olive oil, spread them on a baking sheet and bake on the center rack of the preheated oven at 300° F (150° C). They'll finish drying well in the oven, it may take a good hour.
2. Another method that I like, if you want to go faster than waiting a whole night of drying, is that once washed, you fry them in olive oil over low heat in a frying pan, for about 10 minutes. Stir to make sure it doesn't burn. Then spread them on a baking sheet and bake on the center rack of the preheated oven at 300° F (150° C). It might take an hour to be fully dried.

To know if they are done, have a taste: it should "crack"!

Once the seeds have dried:

1. Combine maple sugar, cinnamon, nutmeg and salt.
2. Place the pumpkin seeds in a frying pan, add the mixture and stir well.
3. Then add the maple syrup, stir well and cook over low heat. Stir continuously until the seeds are well coated and the whole thing has started to caramelize (it's quick, because the maple syrup will evaporate), so about 2 minutes.

And that's it, you're done! Let it cool and keep in an airtight container.



As for snacks, young and old will love maple-spiced pumpkin seeds, a fun way to maximize the benefits of pumpkin!