

# Spicy Caramelized Pumpkin Seeds

Pumpkin seeds from your pumpkin make a crunchy, sweet, and spicy snack when roasted and coated with sugar, cinnamon, ginger, cumin, and a pinch of cayenne pepper.



## **Cooking Information:**

Serves: 8

Total Time: 35 minutes

## **Ingredients:**

	<b><u>Magnesium per ingredient*</u></b>
* 3 tablespoons sugar	<b>0 mg</b>
* ¼ teaspoon cumin	<b>0 mg</b>
* ¼ teaspoon ground ginger	<b>0 mg</b>
* 1 pinch cayenne pepper	<b>0 mg</b>
* 2 cups raw whole pumpkin seeds, washed and dried	<b>2,416mg</b>
* cooking spray	<b>0 mg</b>
* 1 tablespoon salt	<b>0 mg</b>
* 1 tablespoon olive oil	<b>0 mg</b>
* 2 tablespoons sugar	<b>0 mg</b>

## **Directions:**

1. Preheat oven to 300° F (150° C). Line a baking sheet with parchment paper.
2. In a large bowl, stir together 3 tablespoons of sugar, the cumin, cinnamon, ginger, and cayenne pepper, and set aside.
3. Place the pumpkin seeds on the prepared baking sheet, spray them with cooking spray, and sprinkle with salt to taste. Bake the seeds in the preheated oven until lightly golden, 20 to 25 minutes.
4. Heat the oil in a large nonstick skillet over medium heat, and stir in the toasted pumpkin seeds along with 2 tablespoons of sugar. Cook and stir the seeds until the sugar forms a coating on the seeds, 2 to 3 minutes. Stir the caramelized seeds into the bowl of sugar-spice mixture, toss to coat, and let cool.

**One serving of this recipe contains approximately 302 mg of magnesium\* based on the [Magnesium Calculator](#) within this site. Visit our [Magnesium Calculator](#) to find out how much magnesium is in your favorite recipes.**

**\*This is only an approximation of magnesium intake.**