

SPICED PEPITAS



YIELD: about 1½ cups | **PREP TIME:** 5 minutes | **COOK TIME:** 5 to 7 minutes

- 1½ cups pumpkin seeds (pepitas)
- 1 tablespoon fresh orange, lemon, or lime juice
- ¾ teaspoon salt
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ¼ teaspoon smoked paprika (Our adaptation: ½ teaspoon ground cardamon)
- ⅛ teaspoon chipotle chili powder (Our adaptation: ½ teaspoon ground ginger)
- ⅛ teaspoon ground cinnamon
- 1 teaspoon coconut sugar (omit if you're doing a sugar detox)

01 Preheat the oven to 375°F and line a rimmed baking sheet with parchment paper.

02 In a medium bowl, mix together the pumpkin seeds, orange juice, salt, spices, and coconut sugar (if using).

03 Spread the coated pumpkin seeds on the prepared baking sheet and bake for 5 to 7 minutes, until crisp and puffed. Allow to cool completely before storing in an airtight container in the pantry. If they lose their crunch after being stored, simply pop them in a 350°F oven for a few minutes to crisp them back up.

Chef's Tip: *These make great snacks, too!*