

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 cardamom)
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!