Sweet & Spicy Pepitas (Pumpkin Seeds) 

1 cup Pepitas, roasted and salted

1 tbsp. Oil

1 tsp. Sugar

½ tsp. Ground Cumin

½ tsp. Chili Powder (or Chipotle)

¼ tsp. Ground Cinnamon

Place pepitas in a large skillet over medium heat. Cook for 4 minutes until lightly toasted, stirring constantly (they may pop slightly).

Measure oil and the remaining ingredients into a large mixing bowl. Add the toasted seeds, mixing thoroughly to coat. Arrange the coated pepitas on a paper towel-lined baking sheet. Let cool for 10 minutes. Enjoy!

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Measure pepitas and place in a large skillet. Cook over medium heat for 4 minutes, stirring constantly.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Measure the oil and sugar and place in a large mixing bowl.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Measure the cumin and chili powder and place in the large mixing bowl.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Measure the cinnamon and place in the large mixing bowl; stir.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Add the toasted pepitas to the mixing bowl; stir to coat.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Line a baking sheet with two layers of paper towels.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Transfer the coated pepitas to the baking sheet, spreading evenly. Cool for 10 minutes.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Wash Dishes & Place lab sheet into the basket

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Rinse & Dry dishes & sink

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Put Dishes away & Place dirty towels into the basket

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Wipe off counters, stovetop and microwave

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Sweep floor & Empty garbage & Sink drains