

Roasted Fall Seeds with Cinnamon and Cumin

Our third graders loved this recipe made with pumpkin and sunflower seeds.

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- 1 ½ cups raw sunflower seeds
- 1 ½ cups raw pumpkin seeds
- ½ teaspoon olive oil
- 1 teaspoon sugar
- 1 teaspoon salt
- ½ teaspoon cinnamon
- ½ teaspoon cumin

Drizzle olive oil over sunflower and pumpkin seeds. Stir quickly until seeds are coated. Add sugar, salt, cinnamon, and cumin. Mix well and pour onto baking sheet. Bake for 3-5 minutes (or until light brown) at 350 degrees. Let cool before tasting. Enjoy!