

# Low-Carb Sweet Pumpkin Seeds



Makes 1 cup

Ingredients:

- 1 cup pumpkin seeds
- 1 tablespoon melted butter or vegetable oil
- 1 tablespoon low-carb sweetener, such as Splenda or Swerve
- $\frac{1}{2}$  to 1 teaspoon cinnamon
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{8}$  teaspoon allspice

## Instructions:

1. Pre-heat oven to 300°F.
2. Rinse seeds well and get as much of the pumpkin pulp off them as possible. Pat dry with paper towels. Do not let them dry completely on the paper towels, because they might stick.
3. Toss seeds with the butter, sweetener, and spices.
4. Spread coated seeds in a shallow baking sheet lined with foil. Bake for 45 to 60 minutes, turning regularly, until the seeds are nicely browned and crunchy.

Nutrition per  $\frac{1}{4}$ -cup serving: Calories 203; Total Fat 17.9 g; Saturated Fat 3.1 g; Monounsaturated Fat 5.4 g; Polyunsaturated Fat: 7.8 g; Total Carbohydrates 8.7 g; Dietary Fiber 2.3 g; Sugar Alcohols 3.8 g; Sugars 0.4 g; Protein 8.8 g; Sodium 5 mg