



Toasted Pumpkin Seeds with Cinnamon



Pumpkin seeds make a scrummy snack, and they're packed with protein and minerals so they're healthy too! Just go easy on the sugar!

You will need:

a small bowl of pumpkin seeds
a tablespoon of butter
soft brown sugar for sprinkling
½ teaspoon of ground cinnamon.

1. Preheat the oven to 180C/gas 4.
2. Wipe the stringy yellow stuff off the seeds, rinse and dry them.
3. Melt the butter in a small saucepan (get a grown-up to help with this).
4. Pour the melted butter onto the seeds, add the sugar and cinnamon, and mix so they're coated. Check the taste at this point.
5. Spread them on a baking tray in a single layer.
6. Bake in the oven for around ten minutes, or until they're golden brown. Let them cool down before you tuck in. Yum!

