

# Ginger Soy Roasted Pumpkin Seeds

## Ingredients

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- 2 c Pumpkin Seeds (raw, shelled)
- 1 T Olive Oil
- 2 T Soy Sauce
- 2 t Sugar
- 1 1/2 t Ground Ginger

## Instructions

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1. Preheat oven to 300 degrees F. Line a large, rimmed baking sheet with parchment paper; set aside.
2. In a medium bowl, combine the pumpkin seeds with the olive oil. In a small bowl, whisk together soy sauce, sugar, and ginger, then pour over the pumpkin seeds and stir to combine and evenly coat all of the seeds.
3. Spread in a single layer on the baking sheet and bake until the seeds are golden and crunchy, about 20 minutes, stirring halfway through. Allow the seeds to cool for at least 15 minutes before serving.