

## Pumpkin Crunch

### Ingredients

1 cup pumpkin seeds  
1 1/2 teaspoons canola oil  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon allspice  
1/2 teaspoon sea salt  
2 tablespoons maple syrup  
1 1/4 cups dried cranberries

### Instructions

1. Preheat oven to 300°. Lightly spray a baking sheet with canola oil. In a small bowl, toss pumpkin seeds with canola oil and evenly spread coated seeds on the baking sheet. Roast for 20 minutes or until almost dry.
2. Place pumpkin seeds in a medium bowl and mix in maple syrup until coated. Combine spices in a large bowl and add pumpkin seeds. Place back on baking sheet and return to oven. Roast for 15 minutes or until dry. Be sure not to burn. Set seeds aside until completely cool, for about 30 minutes. In a large bowl, combine seeds with dried cranberries.

### Serving Information

Makes 10 (1/4-cup) servings, each containing approximately:

125 calories  
13 gm. carbohydrate  
7 gm. fat  
0 mg. cholesterol  
4 gm. protein  
123 mg. sodium  
1 gm. fiber