

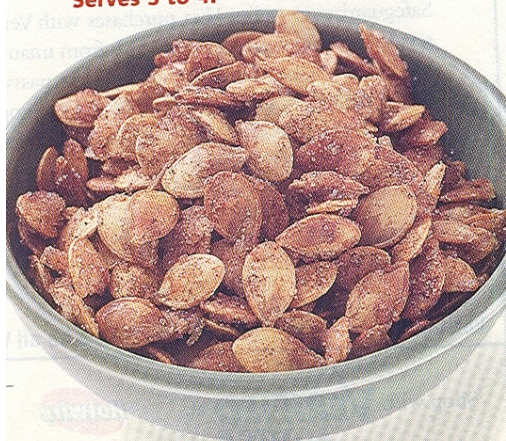
Pumpkin Pie Seeds

This recipe combines the sweet spices of pumpkin pie with the caramel crunch of Cracker Jack for a protein-packed snack. Pulling the slimy seeds from the pumpkin cavity is a fun job for little fingers, or cook a bowlful of seeds ahead of time for a delicious party snack.

Ingredients:

- 1 cup pumpkin seeds, rinsed and dried
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon salt
- 6 teaspoons sugar
- 1 tablespoon vegetable oil

Spread the pumpkin seeds in a single layer on a large baking sheet and roast them in a 250° oven for 45 minutes or until the seeds are completely dry and lightly browned (large seeds may take longer). In a large bowl, stir together the pumpkin pie spice, the salt, and 2 teaspoons of the sugar and set aside. Heat the oil in a large non-stick skillet over medium-high heat. Add the seeds and the rest of the sugar to the skillet, stirring constantly with a wooden spoon until the sugar melts, about 45 seconds (a parent's job). Scrape the seeds into the pumpkin pie spice mixture and stir to coat. Allow the seeds to cool before eating and store in an airtight container. Serves 3 to 4.



Sesame-Seed Bars

FamilyFun.com



Rated by 5 members

Ingredients

- 1 cup water
- 2 cups sugar
- 1 cup light corn syrup
- 2 tbsp. unsalted butter
- 1/4 tsp. baking soda
- 2 cups toasted sesame seeds

Instructions

Mix all the ingredients except the sesame seeds, in a medium-sized saucepan. Cook over medium heat, stirring constantly, for several minutes until mixture reaches 260 degrees on a candy thermometer, or until a bit of the mixture dropped into iced water forms into a hard ball. Quickly add the sesame seeds and continue to stir until well coated.

Remove from the heat. Pour into a 9-by-13-by-2-inch buttered pan all at once, scraping the bottom of the saucepan. Smooth out with a buttered spatula. Allow to cool slightly and cut into 1-by-2-inch bars. When completely cool transfer to a wax paper-lined airtight container and separate layers with additional paper. Store in a cool, dry place. Makes about 50 bars.