Salty Spiced Pumpkin Seeds

Prep time: 10 mins. Cook time: 10 mins.

1.5 tbs corn oil

1/2 c hulled pumpkin seeds

1/2 c hulled sunflower seeds

1/4 c pine nuts

1 tsp chili powder

Salt to taste

1. Heat the oil in a heavy frying pan over medium heat, then add seeds/pine nuts. Stir until all are a golden brown (this will happen rather quickly). Be careful, as some seeds may pop in oil.

2. Sprinkle seeds with chili powder, salt to taste and mix well.

3. Tip the seed mixture onto paper towels to drain. Serve warm or cold. Store in an airtight container.