

## Delicious Sweet Roasted Pepitas

### Description

*These pepitas are delicious and sweet. Everyone loves them.*

**Prep/total time:** Fifteen minutes

**Servings:** 4

### Ingredients

- 1 cup of pepitas (4.6 oz)
- 2 teaspoons of coconut oil, melted
- 1 teaspoon of sugar-free maple syrup or Yukon Syrup or 1 tablespoon of Swerve or Erythritol
- 1 teaspoon of vanilla powder or sugar-free vanilla extract
- 1/2 teaspoon of cinnamon
- 1/2 teaspoon of nutmeg
- 1/2 teaspoon of powdered ginger

### Instructions

1. First, preheat the oven to about 275 degrees F, then pour all the ingredients into a bowl.
2. Mix the ingredients properly and transfer to a baking tray lined with parchment paper.
3. Transfer to the oven and bake for about fifteen minutes. Stir frequently for even cooking on all sides.
4. Remove from the oven and scatter over a smoothie bowl or Greek yogurt.
5. Can be stored in a jar for two months.