

## HALLOWEEN SUNFLOWER SEED BRITTLE

### Ingredients:

1 cup granulated sugar  
1/2 cup firmly packed brown sugar  
1 cup water  
1/3 cup light corn syrup  
2 tablespoons butter  
1 cup sunflower seeds (shell-less)  
1/2 teaspoon baking soda  
1 teaspoon vanilla extract



### Directions:

Grease a large rimmed baking sheet with butter. Put on oven mitts.

In a large saucepan (heavy, if you have it), combine the granulated sugar, brown sugar, water, and corn syrup. Cook the mixture over medium heat, stirring constantly while the sugar dissolves. Cook until the mixture comes to a full boil. This will take about 3-5 minutes.

Slip the candy thermometer along the side of the pan. Increase the heat to medium-high and continue to boil without stirring until the temperature reaches 260 degrees on the candy thermometer. This will take about 10-12 minutes. [*Note: the temp gets to 200 fast...but then be patient.*]

Remove the pan from heat to stir in the butter and sunflower seeds with a wooden or heatproof spoon. [Don't use a plastic spoon; it could melt.] Return the pan to the heat and continue to cook the mixture, stirring constantly, until the temperature reaches 295 degrees on the candy thermometer. This takes about 5 minutes.



Remove the pan from heat and quickly stir in the baking soda and vanilla. Be careful; the vanilla will spatter. Yipes!

Pour the mixture onto the prepared baking sheet. Spread it as thinly as possible, using the back of the wooden spoon or spatula, and let

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**Directions:**

the brittle stand until completely cool. Break the candy into serving pieces [I gently whack with a mallet...] and store the candy in a plastic zip-style bag. Remember to squeeze out the air before sealing. The candy holds for up to 2 weeks, if you can keep from eating it that long.