



Toasted Pumpkin Seeds

Preparation: 10 min, Cook Time: 50 min

Fox 5 - October

Tasty treat with fun variations



Instructions:

Pre-heat the oven to 300f. Seed the pumpkin using a spoon to scrape the seeds and pulp into a bowl.

Clean the seeds from the pulp and rinse in a colander under cold water. Shake dry and place on an oiled baking pan. Roast for 30 min to dry them out.

Toss the seeds in desired seasoning and return to the oven and bake until golden, about 20 more minutes.

Additional spices:

BBQ - Toss with brown sugar, chipotle chili powder, ground cumin and salt

Italian - Toss with grated parmesan, dried oregano and salt

Sweet - Toss with cinnamon and sugar