



# Roasted Pumpkin Seeds

## INGREDIENTS

- 1 cup pumpkin seeds, scooped from the inside of a pumpkin
- 1 Tbsp. olive oil
- Salt and pepper, to taste
- Optional: garlic powder, cayenne pepper, seasoning salt, or Cajun seasoning

## DIRECTIONS

1. Pre-heat oven to 350°F.
2. Wash seeds in a colander to remove the pulp and strings. Make sure to dry the seeds as much as possible between a towel. This process will help to eliminate steam and crisp the seeds when roasting.
3. Toss pumpkin seeds in a bowl with olive oil and seasonings of your choice.
4. Spread seeds in a single layer on a lightly greased baking sheet for even roasting.
5. Roast for 12-15 minutes, stirring every 5 minutes to encourage even browning. When seeds are golden brown, they are ready.



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