



Roasted Pumpkin Seeds

INGREDIENTS

- Pumpkin seeds, scooped from the inside of a
- pumpkin or other hard squash
- 2 Tbsp melted butter, or oil
- Salt
- Optional: garlic powder, cayenne pepper, seasoning
- salt, or Cajun seasoning

DIRECTIONS

1. Pre-heat oven to 300°F.
2. While it's OK to leave some strings and pulp on your seeds (it adds flavor) clean off any major chunks.
3. Toss pumpkin seeds in a bowl with the melted butter or oil and seasonings of your choice.
4. Spread seeds in a single layer on baking sheet.
5. Bake for about 45 minutes, stirring occasionally, until golden brown.



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