



## Roasted Pumpkin Seeds

Children love these and they are good for them!

**Servings:** 8 servings, 1/4 cup each

2 cups pumpkin seeds  
Butter-flavored cooking spray  
1/2 tsp. salt



RINSE seeds; discard any stringy membranes. Spread seeds into single layer on baking sheet. Let stand 3 hours or until dried.

HEAT oven to 350°F. Spray seeds generously with cooking spray; sprinkle with salt.

BAKE 8 to 10 min. or until lightly browned, stirring after 5 min

SPECIAL EXTRA Prepare as directed, Spicy: 2 tsp. GOOD SEASONS Dressing Mix. (Try Italian, Cheese Garlic or Asian Sesame Flavor.) Sweet: 2 tsp. maple syrup and 1/2 tsp. ground cinnamon. Increase baking time to 8 to 10 min. or until golden brown. Cool in pan. Break apart if necessary.



**ANDY THORNAL COMPANY**  
336 Magnolia Ave.  
Winter Haven, Fl 33880  
(800) 499-9890 • (863) 299-9999

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