

ROASTED PUMPKIN SEEDS

INGREDIENTS

- 2 Cups of Pumpkin Seeds
- 3 Tbsp of Butter (melted) or Olive Oil
- Salt (to taste)

DIRECTIONS

1. Remove your pumpkin seeds from inside the gourd by using a spoon, ice cream scoop, or **Rutabaga's Pumpkin Scraper**.
2. Add the seeds to a colander and rinse away any of the pulp or fibrous strings.
3. Allow the seeds to dry as much as possible by blotting them with a towel or allowing them to sit out for a few hours.
4. Toss the seeds in a bowl with your Butter (or Olive Oil), Salt, and chosen seasonings.
5. On a cookie sheet, Roast the seeds at 350 degrees for 12-15 minutes, stirring them every 5 minutes to avoid them from sticking to the pan.
6. When the seeds are a golden brown, take them out of the oven and allow to cool slightly before you start to snack!



Experiment by adding Garlic Powder, Pepper, Paprika or other spices to give you seeds a unique flavor.