

Roasted



Pumpkin



Seed



Recipe



Ingredients:



350

ml



pumpkin



seeds



(1 1/2 cups)



30

ml



melted



butter

2

(2



tablespoons)

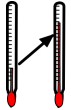
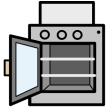





Pinch




of


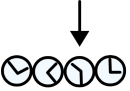


salt.

1)  Preheat  oven to 300  degrees F (150 degrees C). 150°C

2)  Stir seeds in a  bowl with the melted butter and salt.

3)  Spread the seeds in a single  layer on a  cookie sheet

4)  Stir  occasionally

5)  Bake for about  45 minutes or  until  golden brown.

Roasted Pumpkin Seeds Vocab



بذور

seeds



اليقطين

pumpkin



ملح

salt



زبدة

butter



عاء

bowl



الذائب

melted