










  
Salted pumpkin seeds


Ingredients

 6
Portions 6

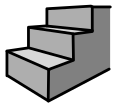
1 $\frac{1}{2}$    
1 $\frac{1}{2}$ cup fresh pumpkin seeds

2   
2 teaspoon melted butter

1  of 
1 pinch of salt



Preparation



steps



Prepare

5

min ;



Cooking



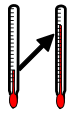
time

45 min ;

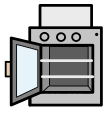


Ready

50 min



preheat



oven

to

300

300°F (150°C).



Mix



Butter

+

and



Salt

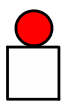


Spread

the



pumpkin seeds



on

a



cookie sheet



&

and



cook

for

45

45



minutes

or



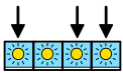
until



grilled



Mix



often

Vocabulary for roasted pumpkin seeds



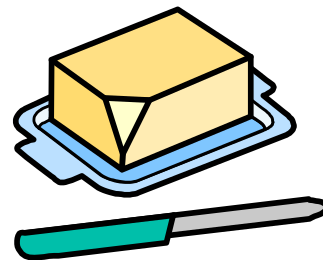
seeds



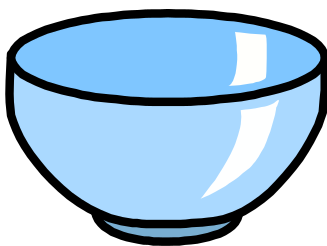
pumpkin



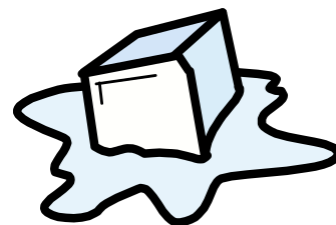
salt



butter



bowl



melt