



Simple Oven Roasted Pumpkin Seeds

Pumpkin seeds are a good source of vitamin K and E. They are also full of protein!

1. Preheat oven to 350 degrees.
2. Cut open your pumpkin for carving either by cutting around the stem at the top, or cutting a hole in the bottom.
3. Scoop out all the seed as you clean your pumpkin.
4. Sort through the seeds with your hands picking/leaving as much or as little pumpkin remnants on the seeds as you'd prefer. Some think that a little pumpkin on the seeds adds to the flavor. (This is a messy, tedious job, but it is worth the trouble. Get as many seeds as you can!)
5. Rinse the pumpkin seeds in a colander.
6. Lay on baking tray and drizzle with oil to lightly coat.
7. Sprinkle seasoning of your choice. (Try these ideas: salt, cinnamon, garlic salt, maple syrup - pumpkin seeds are versatile, try your favorite flavor)
8. Pop them in the oven!
9. Take them out every 10 - 15 minutes to stir and check to make sure they are done. They will sound dry and crackle when done.
10. Allow the seeds to cool off, then store them in an air tight container.
11. Enjoy!!
12. Take a bag of seeds with you for a tasty, healthy snack.
13. Display your carved pumpkin outside!