

# ROASTED PUMPKIN SEEDS

## *Basic Recipe*

Seeds from (1) medium pumpkin

1 tablespoon olive oil or  
melted butter

1 teaspoon Kosher salt

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/8 teaspoon pepper

1/4 teaspoon paprika, optional

Preheat oven to 350 degrees.

Place pumpkin seeds in a colander. Rinse with water scrubbing with hands to remove pulp.

Spread clean pumpkin seeds onto a dish towel and dry completely.

Place dry pumpkin seeds in a medium bowl. Add oil or melted butter and seasonings. Stir to coat.

Spread seeds into a single layer on a cookie sheet.

Bake approximately 20 minutes, stirring halfway through, until seeds are golden brown.

NOTE: Feel free to experiment with flavorings making the pumpkin seeds salty, savory or sweet. The key is to have fun and make memories.