

SALTED PUMPKIN SEEDS

Ingredients

- Pumpkin Seeds
- Oil
- Salt



Directions

- Remove seeds from squash or pumpkin and clean by folding in wash cloth and running under cool water while gently scrubbing seeds
- Allow seeds to dry overnight
- Place seeds on a cookie sheet lined with parchment paper
- Spray with oil and salt to taste
- Place in 350°F oven for 30 minutes or until seeds turn a golden brown
- Remove from oven and allow seeds to cool completely on 9x13 before storing in an air-tight container