



## Roasted Pumpkin Seeds

Scrape seeds from pumpkins, remove any of the pulp and stringy bits.

Rinse thoroughly under water.

Boil seeds in salted water deep enough to cover seeds and boil for 15 minutes.

\*This will soften the seeds husks to make them more edible.

Dry thoroughly with paper towel or leave out to dry.

In a bowl put in enough olive oil to coat the seeds and spices. I used cayenne, salt and pepper in this blog post. I have used, sesame oil instead of olive oil and soya sauce and garlic and onion spice... or olive oil with other types of spices. The sky is the limit and it is fun to experiment.

Put the seeds in the bowl and toss to coat.

Place seeds on a cookie sheet and spread them out evenly. Bake at 350 F, keeping a close eye on them. Stir them often so they don't burn.

Once cooled place in an airtight container which will keep a good amount of time. I have always eaten them before they go stale so I am not sure how long they last.