

Pumpkin Seeds

2 WAYS

MARY'S ROASTED PUMPKIN SEEDS

Ingredients

Pumpkin Seeds

Butter

Salt

Directions

1. Preheat oven to 300 degrees, line baking tray with parchment paper
2. Clean pumpkin seeds under warm running water
3. Once clean, place in a pot of water & bring to a boil
4. Drain them, and while still hot, add a knob of butter and toss the seeds to coat.
5. Spread out on the tray, sprinkle with salt & cook until dry and slightly brown. Stir every once in a while to make sure they are drying out and browning evenly



VICTORIA'S ROASTED PUMPKIN SEEDS

Ingredients

Pumpkin Seeds

2 Tbsp Salt plus more for seasoning

Olive oil

Directions

1. Preheat oven to 375 degrees & line baking tray with parchment paper
2. Clean pumpkin seeds under warm running water.
3. Fill a bowl with cold water and stir in 2 Tbsp of salt
4. Add clean pumpkin seeds to the bowl & soak for a minimum 4 hrs or overnight
5. Drain & pat seeds dry
6. Spread on the tray, drizzle with olive oil & sprinkle with salt.
7. Cook for 10 minutes, stir and return to the oven for another 10 minutes, or until seeds are golden brown and dry.