

Roasted Pumpkin Seeds

Procedure

- Preheat oven to 325° F
- Wash seeds in a bowl of water to get them clean. Remove any leftover pieces of pumpkin from the seeds.
- Add washed seeds to boiling water with salt, and let simmer for 5 minutes.
- Dry thoroughly. (Tip: the drier the seeds are before going in the oven, the crispier they will come out!)
- Toss dry seeds with oil and desired spices such as salt, pepper, cayenne pepper, curry powder, chili powder, paprika, or cinnamon. Make sure each seed is evenly coated.
- Cook for 20 minutes or until golden brown, stirring them half way through.



TeamBonding
where work meets play™

