



Baked PUMPKIN SEEDS

Ingredients

- **1½ cups raw, whole pumpkin seeds**
- **2 tsp butter, melted**
- **Salt and other spices to taste**

Directions

- **Transfer the seeds and strings to a colander. Place the colander in your sink and rinse the seeds with cool water.**
- **While rinsing, sort through them with your hands and pull out the stringy pumpkin guts.**
- **Dry seeds overnight.**
- **Preheat the oven to 300 degrees.**
- **Toss the seeds in a bowl with the melted butter and salt.**
- **Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir every 15 minutes.**
- **Season to taste and enjoy!**



Serves 16
people!