



# HERB ROASTED PUMPKIN SEEDS



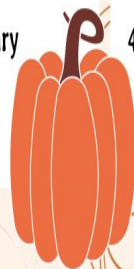
Prep Time: 10 Minutes

Total Time: 1 Hour



## Ingredients:

- 1 cup Pumpkin Seeds (or other Squash Seeds)
- 3/4 tsp Garlic Powder
- 3/4 tsp Salt
- 1 tsp finely chopped Fresh Thyme
- 2 tsp finely chopped Fresh Rosemary
- 2 tsp Olive Oil



## Instructions:

1. **PREP:** Preheat your oven to 300°F (~150°C). To clean the seeds, start by picking out most of the large chunks and strings of pumpkin flesh by hand (tossing these into the compost). Once most are gone, place your pumpkin seeds into a bowl and fill with enough water for the seeds to start floating. The seeds should float to the top, and any stuck on bits of pumpkin should slide off easily. Scoop the seeds off the top and place onto a clean dish towel and pat dry.
2. **MIX:** In a small bowl, mix together the garlic powder, salt, and chopped herbs. In a large bowl, toss together the pumpkin seeds and the olive oil. Sprinkle on all of your herb mixture, and toss again to evenly coat all the seeds with the mix.
3. **ROAST:** Take a sheet pan and line it with a Reusable Silicone Baking Mat. Spread the pumpkin seeds into a single layer, and roast for 40 minutes or until lightly browned, flipping the seeds halfway through.
4. **ENJOY:** Let the seeds to cool on the baking sheet for 5-10 minutes, then you can start snacking! To store, allow the seeds to cool completely before placing into an airtight container, where they're last for 1 - 2 weeks (best eaten fresh).