

PUMPKIN SEEDS

COOK TIME:

PREP TIME:

FROM THE KITCHEN:

YOU'LL NEED:

PUMPKIN SEEDS

(ABOUT 2 CUPS)

4 TABLESPOONS OLIVE OIL, SEPARATED

2 TABLESPOONS GARLIC POWDER

1 TABLESPOON SALT

2 TABLESPOONS OREGANO

½ CUP POWDERED PARMESAN
CHEESE

(FOR SWEET PUMPKIN SEEDS)

• 2 TABLESPOONS MELTED BUTTER

½ CUP SUGAR/CINNAMON MIXTURE

DIRECTIONS:

1. PRE-HEAT THE OVEN TO 400 DEGREES

2. POUR YOUR PUMPKIN INSIDES INTO A BOWL AND FILL WITH WATER. THE SEEDS WILL RISE TO THE TOP!

3. SCOOP OUT THE SEEDS WITH A SLOTTED SPOON.

4. LAY YOUR SEEDS OUT FLAT ON A GREASED BAKING SHEET. BAKE FOR 30 MINUTES.

5. REMOVE SEEDS, ADD SPICES AND OIL/BUTTER.

6. BAKE FOR ANOTHER 20 MINUTES.

7. ADD MORE SEASONING TO TASTE.

