

Roasted Pumpkin Seeds

Save your seeds and make a tasty snack after carving your Halloween pumpkin!

Yield: 4-6 servings

Ingredients



1 ½ cups pumpkin seeds



2 Tbsp olive oil

Choose your flavor:

Cinnamon Toast



2 Tbsp sugar



1 tsp ground cinnamon



¼ tsp nutmeg



¼ tsp kosher salt

Cheesy Pizza



¼ cup grated Parmesan cheese



1 tsp dried basil



1 tsp dried oregano



¼ tsp garlic powder



½ tsp kosher salt

Spicy BBQ



1 Tbsp brown sugar



1 tsp chili powder



1 tsp garlic powder



½ tsp paprika



½ tsp kosher salt

Steps

Before you begin: Preheat oven to 350°F. Line baking sheet with parchment paper.

1



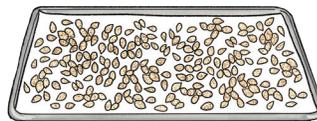
Clean pumpkin seeds. Wash in colander, then spread over paper towels and pat dry.

2



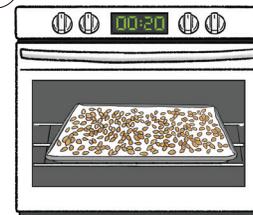
Add pumpkin seeds, oil, and chosen flavor ingredients to a large bowl. Mix to combine.

3



Spread on baking sheet in an even layer.

4



Bake 20-25 minutes, until golden brown. TASTE & SHARE!