

Tips for Roasting Pumpkin Seeds

- ❖ Dry seeds thoroughly before roasting
- ❖ Remove the pulp
- ❖ Make sure to bake the seeds at a low temperature for at least 45 minutes
- ❖ Increase temperature at the end of roasting to 325 degrees for 5 minutes or golden brown
- ❖ Avoid adding too many seeds by arranging seeds in a single layer on the baking sheet
- ❖ Once cooked enjoy as snack, salad or soup topper, blended in smoothies, or added to your favorite trail mix