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