

# Roasted Pumpkin Seeds

Toasty, buttery & salty - better than popcorn!

Prep Time: 5 minutes

Cook Time: 20-30 minutes

Level of Difficulty: 

## Ingredients

- 2 cups of Pumpkin Seeds, rinsed and patted dry
- 2 tablespoons melted Butter
- 2 teaspoons Sea Salt



## Instructions

- Preheat oven to 350.
- If the Pumpkin Seeds have just been removed from a fresh pumpkin, separate the seeds from the pulp, and discard the pulp.
- Rinse seeds in a strainer to remove any remaining pumpkin pulp. Pat dry with a paper towel.
- Place clean seeds in a bowl, and mix in melted butter and sea salt, to taste.
- Spread the buttered, salted pumpkin seeds on a baking sheet.
- Bake to your desired level of darkness, mixing the seeds about halfway through.
- Recommended roasting time is 20 minutes for a light-colored roast, and 25-30 minutes for a darker roast.
- Spread on paper towels to cool.
- Enjoy warm, and store extras in an airtight container.