ROASTED PUMPKIN SEED RECIPE

INGREDIENTS

- 1 pumpkin
- 1 tablespoon or more of olive oil
- sea salt

**PREP TIME: 20 MINS
BAKE TIME: 18 TO 20 MINS**

MAKES A TRAY-FULL OF PUMPKIN SEEDS

DIRECTIONS

1. Preheat oven to 325F (160C)

2. Line baking sheet with tin foil

3. Scoop seeds out of pumpkin & put in bowl of water to separate

4. *The SECRET Step*: Boil seeds in salt water at medium heat for 10 minutes

5. Strain

6. Pat dry with paper towel

7. Put seeds on baking sheet

8. Massage seeds with olive oil & sprinkle with sea salt

9. Bake for 10 minutes then shuffle them around with a fork

10. Bake for 5 to 10 more minutes... or until the seed inside the shell is just starting to look golden

Note: Keep checking the seeds over the last 5 minutes because these pumpkin seeds can easily burn!