

## *Toasted Pumpkin Seeds*

Take seeds out of pulp  
Rinse in colander with cold water  
Lay out on cookie sheet to dry overnight

### Mix:

1 cup seeds

1 TBSP butter

1 tsp salt

Adjust butter & salt according to amount of seeds.



Spread seeds evenly over cookie sheet.

Bake in 325 degree oven for 30 minutes. Stir every 10 minutes.

Cool on baking sheet and store in airtight container for up to 3 months.

If you don't want to dry the seeds, bake in a 250 degree oven for up to 1 hour stirring occasionally.

*Judy Bonzer, 2009*

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