

Roast Pumpkin seeds

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INGREDIENTS (Nutrition)

- * 95 g raw whole pumpkin seeds
- * 10 g butter or oil, melted
- * 1 g salt

DIRECTIONS

1. Wash seeds in colandar until all Pumpkin flesh is removed and seeds are not slippery.
2. Preheat oven to 300 degrees F (150 degrees C).
3. Toss seeds in a bowl with the melted butter and salt.
4. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

[Now return to...How to make a Pumpkin Pie](#) [1]

Source URL: <https://theingots.org/community/node/5449>

Links

[1] <http://theingots.org/community/node/5270>