



Bake Pumpkin Seeds

Baking pumpkin seeds is easy! Once you have cut open your pumpkin and scooped out the seeds, you can....

1. Preheat oven to 300 degrees F (150 degrees C)
2. Wash and dry your pumpkin seeds, remove any pulp and fibers
3. Toss seeds in bowl with melted butter (2 teaspoons per cup of pumpkin seeds) and a dash of salt
4. Spread seeds out in a single layer on a baking sheet and bake for approximately 30 minutes, stirring occasionally. Seeds are ready when they are golden brown

Change things up! Try a different pumpkin seed seasoning such as

Garlic Parmesan

Cinnamon Sugar

Taco-Lime

Ranch

Pumpkin seeds are healthy for you! They are a good source of

Magnesium • Zinc • Iron • Antioxidants • Fiber