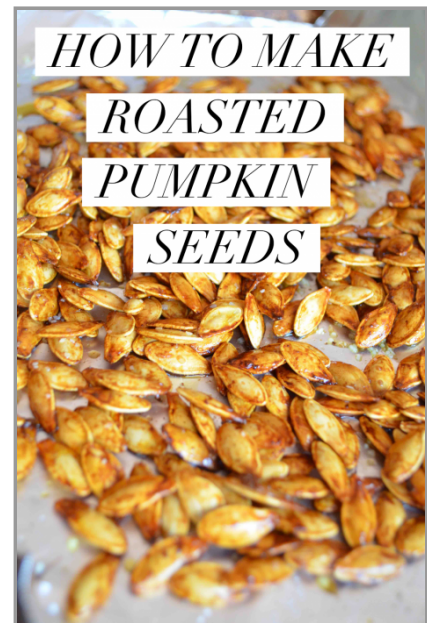


How To Make Roasted Pumpkins Seeds

Ingredients

- Seeds from the freshly carved pumpkin ***Make sure NOT to rinse the seeds after removing them from the pumpkin or you'll lose all that great flavor!
- Salt
- Cold butter, cut into cubes, start with about 3 tablespoons, and add more if you have a lot of seeds
- (Note: the amount of salt and butter depend on how many seeds you get from your pumpkin)



Instructions

1. *Preheat your oven to about 375 degrees
2. *Spread your *unwashed* pumpkin seeds on a baking sheet lined with aluminum foil
3. *Drop the cut up cubes of cold butter over the seeds
4. *Sprinkle with salt
5. *Bake for about 5-10 minutes and remove from the oven to stir with a spatula
6. *Bake another 5-10 minutes and remove to stir again
7. *Do this until the seeds are golden and crunchy
8. *Add more salt if there isn't enough flavor and add more butter if the seeds are starting to stick to the foil

Recipe by From Scratch With Maria Provenzano at <http://fromscratchwithmaria.com/how-to-make-roasted-pumpkin-seeds/>