

ROASTING PUMPKIN SEEDS



Happy Planet... Bee Happy!
Happy People • Happy Plants

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What kinds of pumpkins and squash work?

Any!

Preparation:

Wash strings and squash pulp off of seeds (rinsing in a colander works well). Next boil the seeds in salted water for ten minutes. Some people omit this step—and that's perfectly OK! It just helps break down the shell slightly and will give you a crispier result. Pat the seeds dry.

Here's to you—or how to toast:

Before toasting, drizzle seeds with a very small amount of oil and rub in to coat. Next spread out on a parchment lined rimmed baking sheet in a single layer. Sprinkle on your choice of seasoning—use what you like! Fine sea salt, seasoned salts (Old Bay, Johnny's), spice mixes, you name it! There are great recipes online if you are feeling extra fancy or adventurous. Bake at 325°F for approximately 20 minutes—stirring and checking seeds every 5 minutes. The seed should be barely colored (not brown—you don't want to burn them) just a hint of gold.

Time to Eat!

Use your pumpkin seeds as a quick snack, add to a trail mix, top a salad or side dish, or package up as part of your holiday giving this year.

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