
Roasted pumpkin seeds recipe

When carving a pumpkin, you can save the seeds to bake for a tasty snack.

What you need:

- 1 ½ cups pumpkin seeds
- 2 teaspoons salt (plus more for serving)
- 2 teaspoons oil
- 2 teaspoons of your favourite spices (curry, garlic salt, chili powder...etc.)

What to do:

1. Preheat oven to 300 degrees.
2. Scoop the seeds out of the pumpkin with a strong metal spoon.
3. Soak the seeds and remove any pumpkin bits.
4. Rinse the seeds in a strainer to remove the stringy parts.
5. Dry seeds with a towel.
6. Toss clean dry seeds with oil, salt and spices in a bowl.
7. Spread the seeds in a single layer on a baking sheet.
8. Bake for 45 minutes or until golden brown. Stir occasionally.



Roasted pumpkin seeds are a tasty snack.

Adapted from All Recipes • Photo: Canva