Pumpkin Seed Recipes

Cinnamon Roasted Pumpkin Seeds

Ingredients:
1 Medium sized pumpkin
1 tsp ground cinnamon
Salt to taste
Olive oil or cooking spray

Directions:
1. Preheat oven to 350 degrees.
2. Spray a cookie sheet with cooking spray or use 1 tbsp olive oil on bottom of roasting pan.
3. Cut open the pumpkin and scoop out the seeds, cleaning off the pumpkin guts. Rinse seeds. Spread the seeds evenly over the cookie sheet, in an even layer.
4. Sprinkle lightly with cinnamon and salt.
5. Bake for 5-10 minutes, stir, continue baking, for another 20 minutes, stirring occasionally.
6. Take out when the seeds are toasted. Put cookie sheet on a cooling rack to cool.

Toasted Pumpkin Seeds

Ingredients:
1 Medium sized pumpkin
Salt to taste
Olive oil

Directions:
1. Preheat the oven to 400 degrees.
2. Cut open the pumpkin and scoop out the insides. Separate the seeds from stringy pieces of pumpkin guts. Rinse the seeds.
3. On the bottom of a roasting pan, spread 1 tablespoon of olive oil.
4. Spread the seeds over the roasting pan, in one layer (they will roast better if they do not overlap). Bake on the top rack until they begin to brown, approximately 10-20 minutes.
5. After they are toasted to your satisfaction take them out and place the pan on a rack to cool. Make sure to cool completely before eating. You can either crack and remove the outer seed, or eat whole.