

Roasted Fall Pumpkin Seeds

Prep: 20
Cook: 40



Serves: 6



Ingredients:

- Seeds from 2 large pumpkins
- 1 tsp. Lawry's Seasoned Salt
- 2 tsp. tablespoon olive oil
- sprinkle salt over seeds before baking to your liking

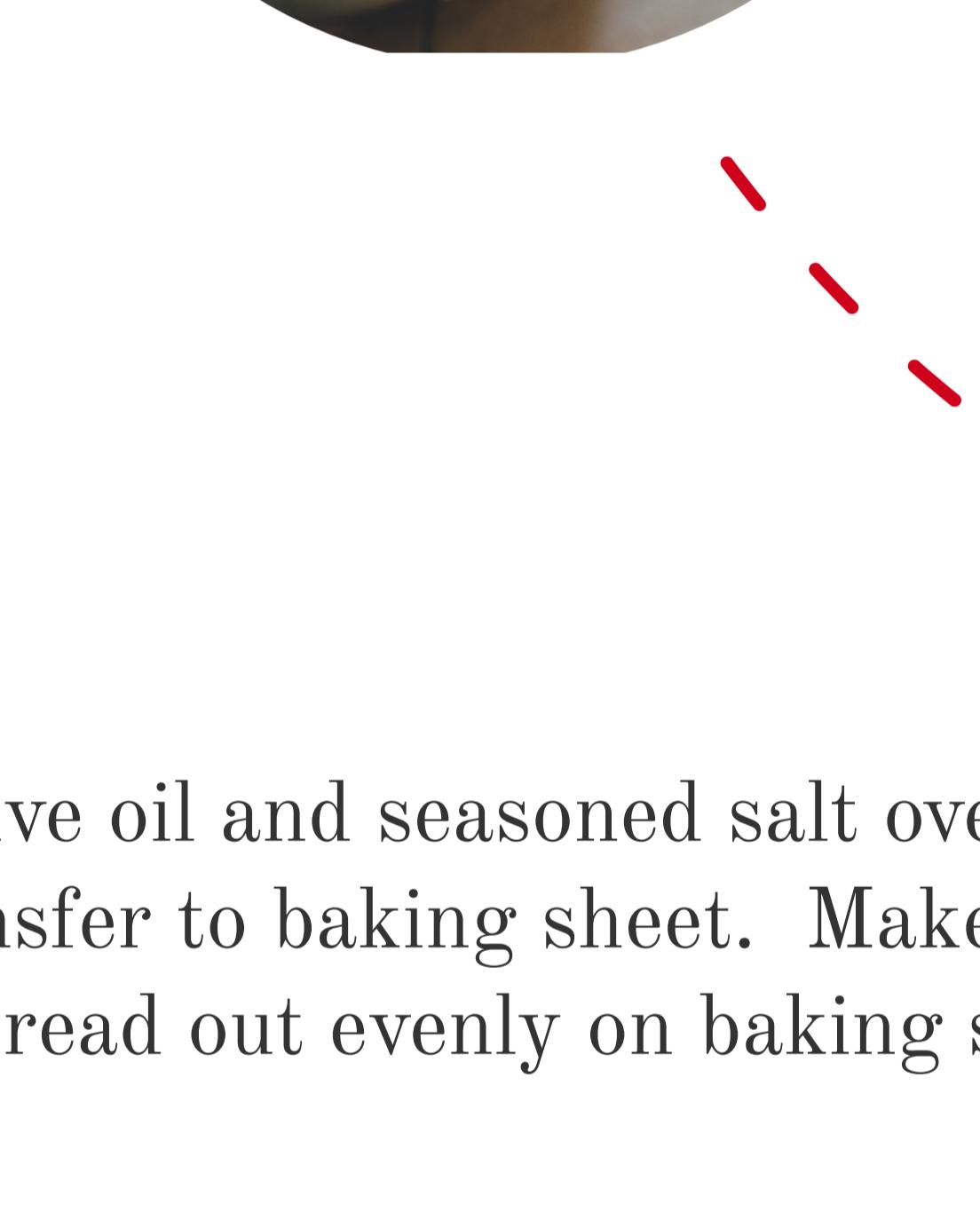


Follow these 4 easy steps:



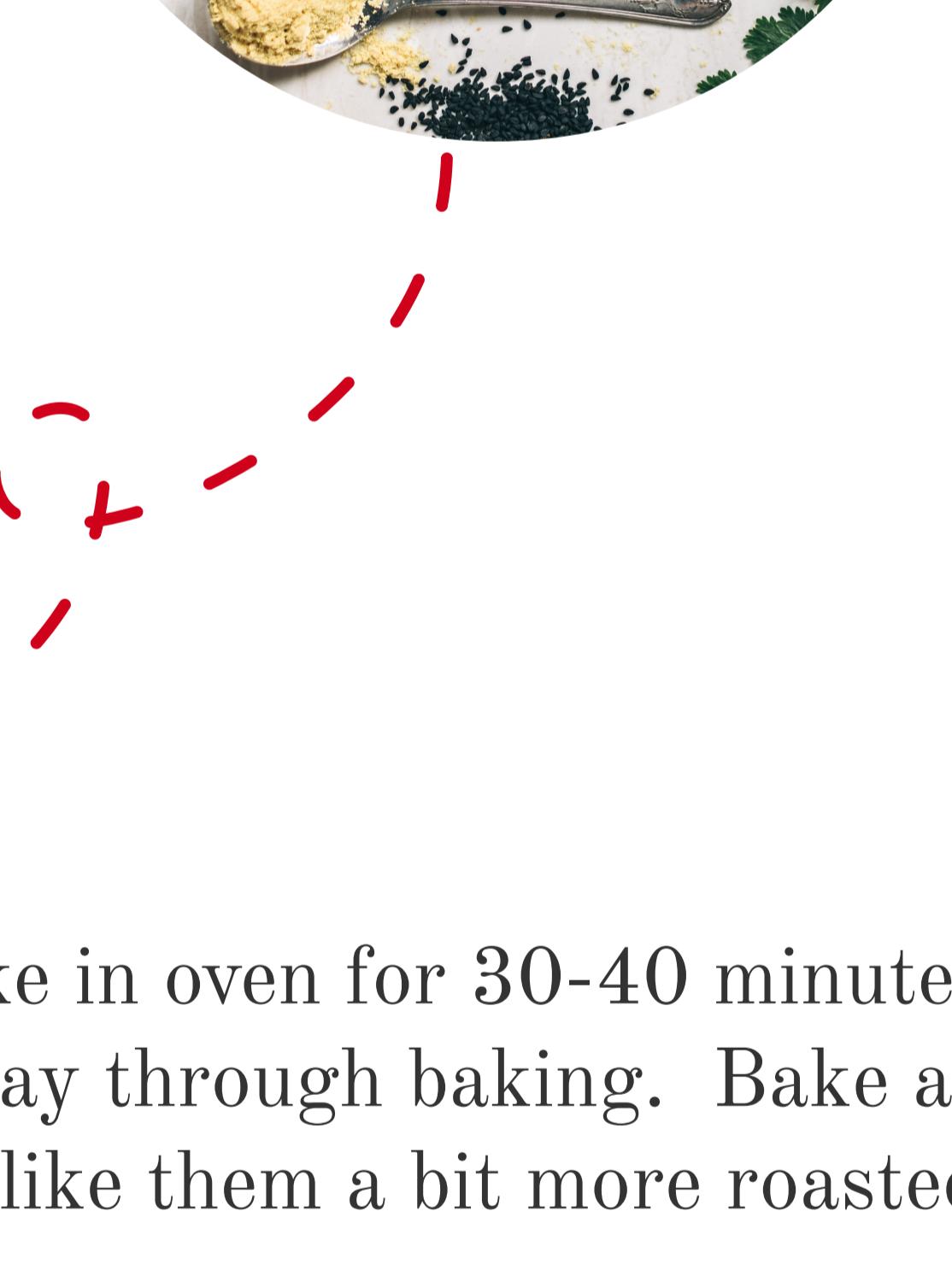
1

1. Preheat oven to 300 degrees F. Scrape out and remove seeds from your two pumpkins. Wash and clean your seeds from your pumpkin in a colander, making sure you remove any unwanted pumpkin rinds or deformed seeds.



2

2. Place seeds in a bowl. Use paper towel to soak up any moisture from the seeds.



3

3. Stir in olive oil and seasoned salt over seeds. Transfer to baking sheet. Make sure seeds are spread out evenly on baking sheet. Add salt.



4

4. Bake in oven for 30-40 minutes. Flip seeds half way through baking. Bake a little longer if you like them a bit more roasted!



And voila! It's done!