

# 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.



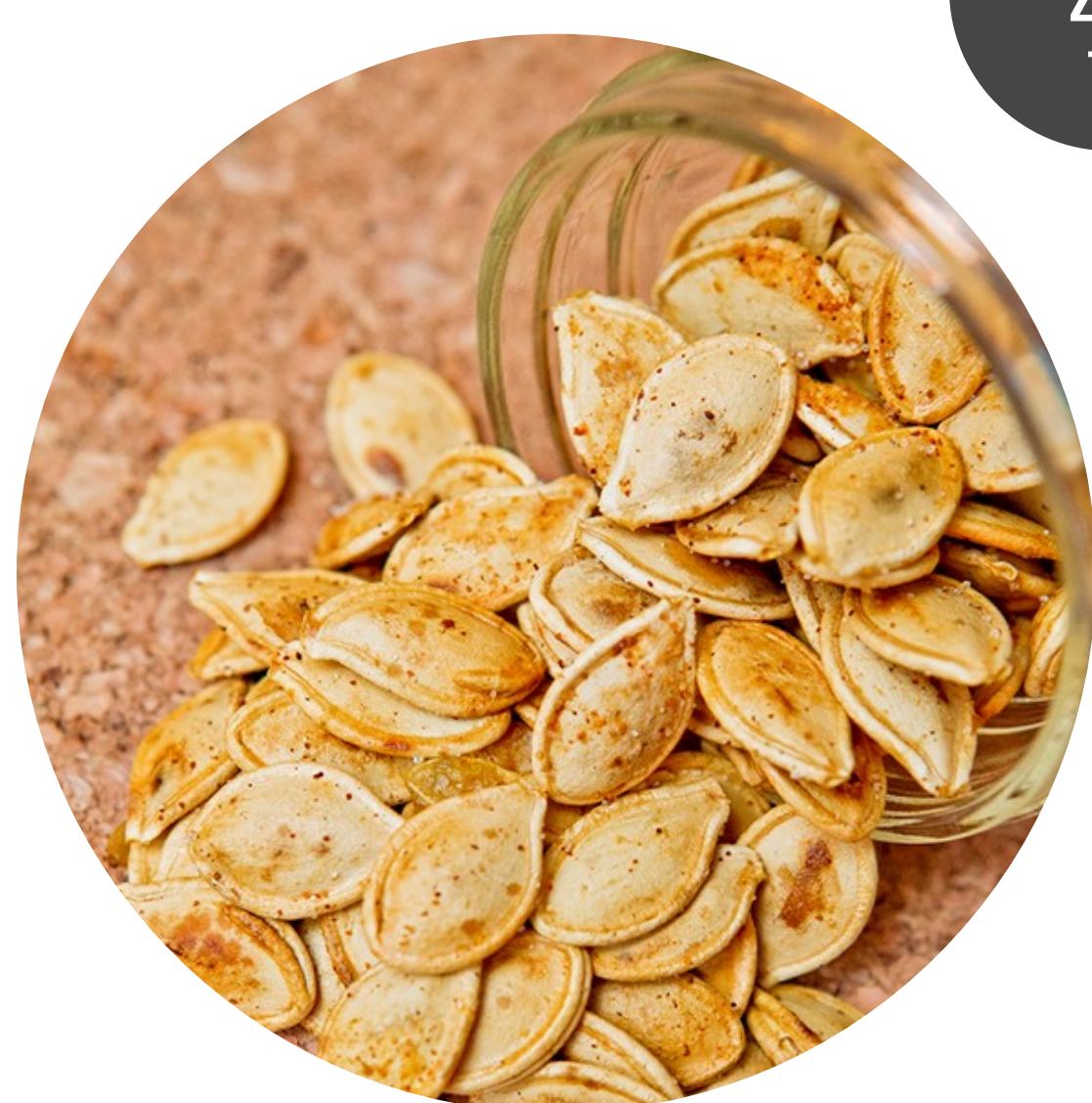
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2. Place seeds in a bowl. Use paper towel to soak up any moisture from the seeds.



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!**