



I like using my convection oven for this type of recipe because you achieve a better crunch.

This is not a quick recipe, but it is tasty.

What You Need

3 cups of pumpkin seeds (pulp removed)

Baking Sheet

Parchment paper

Sea Salt, granulated sugar, cinnamon, or brown sugar (make them salty or sweet)

Large Bowl

Colander

Slotted spoon

Large Spatula

Tea Towel, flour sack towel, or paper towels

Before you Start

Remove pulp from seeds, rinse well using a bowl and colander. Fill a bowl with warm (not hot) water and add 2 Tbsp. salt or granulated sugar depending on your coating preference. Add the pumpkin seeds to the bowl and let sit for 3-5 hours. Pour through a colander to catch any remaining bits. Preheat oven to 350° and prepare baking sheet with parchment.

Let's Make It!

Pour pumpkin seeds onto a flour sack towel (this is what I use) just to get any remaining bits of pulp, no need to dry. Pour the seeds back into the bowl and add your preferred coating (salt, sugar, etc.) Stir well to coat. Spread the pumpkin seeds in a single layer onto the prepared baking sheet.

Bake on top rack for 15 minutes. Remove from oven and using a spatula turn the seeds. Return to oven for 15 minutes. You may need to adjust time slightly (in about 5-minute increments) depending on how large your seeds are. Bake until all seeds are dry. (a pale white or golden color not brown). Let cool.

The seeds are high in fiber and vitamins A and E and magnesium and they are also a source for omega-3 fatty acids. *Katie Tid Bits* If you don't want them super crunchy and you want them sweet, pour honey over them. Try adding them to oatmeal, or just eat them sticky and sweet. 😊 Pumpkin seeds are also a nice garnish for soups, breads, etc.

©BobsKatie Enterprises, dba Katherines Corner