

## Roasted Pumpkin Seeds

*By Kathy Gunst*

Pumpkin seeds are really rich in fiber, protein, iron, copper, and magnesium and they are full of Vitamins B and E! All in all, a healthy, delicious snack!

Pull the pumpkin seeds from inside the pumpkin and rinse them in a colander. Remove any pulp or strings from the seeds and rinse again. Blot the seeds dry.

### **Ingredients:**

1 1/2 cups pumpkin seeds

2 to 3 teaspoons olive oil

Sea salt, to taste

Freshly ground pepper, to taste

Spices, to taste (You can sprinkle the seeds with tamari or soy sauce, and omit the salt; you can sprinkle them with cayenne or red chili flakes; or you can sprinkle them with ginger, allspice and cinnamon to taste)

Preheat oven to 300° F.

Toss pumpkin seeds in a bowl with the olive oil, salt and any of the optional seasonings.

Spread pumpkin seeds in a single layer on baking sheet.

Bake for about 30 to 40 minutes, stirring occasionally, until golden brown and crispy. Let cool.

Makes: 1 ½ cups