

## ***Roasted Pumpkin Seeds***

**\*\*Be sure to have an adult help – do not cook or bake by yourself\*\***

### **Ingredients:**

Ripe pumpkin

### **Directions:**

Preheat oven to 250 degrees F

Cut open your pumpkin and scrape out the insides

Separate the seeds – don't rinse them

Place seeds in a single layer on a cookie sheet

Sprinkle with salt or sea salt

Bake for 15 minutes or until they are a light golden color.