

Tasty Pumpkin Seed Treats!

Don't toss those pumpkin seeds — turn them into a crunchy fall snack! 

Roasted Pumpkin Seeds

You'll Need:

- Seeds from 1 pumpkin
- ½ teaspoon salt

Directions:

- 1 Preheat oven to 300°F.
- 2 Rinse seeds in a colander under running water.
- 3 Pat dry with paper towels.
- 4 Spread seeds on a cookie sheet and sprinkle with salt.
- 5 Bake for 30 minutes, stirring occasionally, until golden brown.
- 6 Let cool right in the pan.

✨ Try adding roasted seeds to trail mix or toss them on a salad!



Glazed Pumpkin Seeds

You'll Need:

- ½ cup pumpkin seeds
- 3 tablespoons water
- 1 tablespoon sugar
- Vegetable spray or butter

Directions:

- 1 Coat a sheet of foil with cooking spray or butter.
- 2 In a 9-inch skillet, heat seeds, water, and sugar.
- 3 Bring to a boil and cook until liquid is absorbed and seeds start to brown.
 Careful — near the end, hot seeds may pop!
- 4 Spread seeds on foil in a single layer and let cool.

Sweet, salty, or both — pumpkin seeds make the perfect fall snack!