

# PUMPKIN SEEDS

## Ingredients

*Pumpkin seeds*

*Olive oil*

*Salt*

*Cayenne pepper*

*Gram masala (optional)*

*Kitchen sink (optional)*



## Directions

Rinse the seeds and remove any flesh. Pat dry. Put the seeds in a bowl and add olive oil. Mix until all seeds are coated.

Add desired seasonings.

Spread on a lined cookie sheet. Cook on a low heat (225 F) for about an hour.

## Notes

The slower you bake, the more nutritious. Eat the whole seeds, shell and all, for full nutrition and flavour.