

PUMPKIN SEEDS

<https://lustron.home.blog/2020/11/12/pumpkin-seeds/>

WHAT YOU NEED

- Pumpkin Seeds
- 2 Tbsp Butter, melted
- 1 Tbsp Salt
- Tossing Container
- Baking Sheet
- Colander
- Large Sauce Pan with Heavily Salted Water

DIRECTIONS

- Place salted water in sauce pan and place over high heat. Separate your seeds and place them in a colander. Rinse seeds with hot water. Place seeds in boiling water, boil for 15 minutes. Strain. Heat oven to 350 F.
- Melt butter and add salt into tossing container. Toss seeds in butter. Spread out on baking sheet in one layer. Bake for 15 minutes. Stir, and then return to single layer before baking for another 10 minutes. Pour into a storage container.