

RECIPE: HOW TO DRY PUMPKIN SEEDS

- 1) Set the oven at 175 degrees F.
- 2) Use a large spoon to scrape the pumpkin seeds out of the pumpkin.
- 3) Wash the seeds in cold water and drain.
- 4) Spread the seeds out on a cookie sheet.
- 5) If you wish to use salt, sprinkle it on the seeds now.

Kosher or sea salt will stick to the seed shells better than ordinary table salt.

- 6) Place the cookie sheet on the center rack of the oven for one hour or more until the seeds are nice and dry. Turn seeds once or twice during baking.
- 7) Take off the shells and eat the nutlike seeds inside, or eat the entire shell with the seed inside.
- 8) Store dried pumpkin seeds in an airtight jar or zip lock bag.