

## Brandy's Happy Home: Roasted Pumpkin Seeds Recipe



### Ingredients:

- 1 1/2 – 2 cups raw whole pumpkins seeds
- 1 Tablespoon melted butter
- 1 Tablespoon extra virgin olive oil
- 1 Teaspoon sea salt

### Directions:

1. Boil the seeds in salted water for 20 minutes. This cleans the seeds really well.
2. Lay seeds out on a cookie sheet over night to dry.
3. The following day, preheat oven to 300° F (150° C).
4. Toss seeds in a bowl with melted butter, evoo, and sea salt.
5. Spread the coated seeds on a cookie sheet and bake for 35 minutes.

We can't wait for the seeds to get out of the oven! These buttery roasted pumpkin seeds have just the right combination of buttery goodness and crunchy chew! Enjoy!

Oh... here's another idea...these seeds will make a great snack for your Thanksgiving "kids table!"

Brandy