



## **Roasted Pumpkin Seeds**

### **Makes 2 Cups**

2 Large Pumpkins  
2-3 Tbsp Olive Oil  
4 Tbsp Honey Chipotle Seasoning  
1 Tsp Salt

### **Preparation:**

Start by removing the top of your pumpkin. Gently remove the seeds and place them in a colander. Try to remove as much of the gooey pumpkin as possible. Remove all seeds from both pumpkins. You should have about 2 cups.

Rinse really well...

Place in a bowl and add water to cover, soak for 10 minutes.

Rinse again...

Add in a stock pot, again cover with water and add the salt. Bring to a gentle simmer and cook for 10-12 minutes. Remove, drain and rise for the last time.

Preheat oven to 350°.

Place on a towel to remove some of the moisture.

Return to dry bowl and add the olive oil, toss.

Spread seeds on a large sheet pan covered in parchment paper, then add half of the Honey Chipotle sprinkled all over. Mix and add the remainder of the Honey Chipotle.

Place in oven and bake 15 minutes, remove, stir, return to oven and repeat till they are dry and lightly browned. Depending on your oven it can take 30-45 minutes. Don't turn up the heat to speed up the process. We want gently drying & baking.

Let cool completely and place in a sealed container. Will last a week or two.

Enjoy!