



What to do with those pumpkin seeds you scraped out

1. Wash them to remove the stringy, pumpkiny coating.
2. Dry them. I use a kitchen towel.
3. Season them. I like salt, pepper and smoked paprika.
4. Spread them on a parchment-lined baking sheet. Bake for 15-25 minutes- stirring every 5 minutes or so until golden brown.
5. Cool and enjoy.