

# Oven-Roasted Pumpkin Seeds

Roasted pumpkin seeds are an easy treat to make and are good for you. They are a natural anti-inflammatory, can lower cholesterol and are believed to prevent some cancers.

## Ingredients Needed:

- Pumpkin seeds
- 1 tbsp olive oil
- Seasoning salt

Also, keep on hand a cutting board, sharp knife, metal spoon, a few bowls, a strainer, large spoon, cookie sheet and spatula to stir seeds.

## Step 1: Cut and Clean the Pumpkin

Begin by cutting the pumpkin in half.



Scoop out the seeds and pulp with a metal spoon.



Place the seeds into a bowl.

## Step 2: Clean the Seeds

Remove the pulp from the seeds, so they are as clean as possible. You will rinse them more thoroughly in a moment.



Next add water to the bowl and allow the seeds to soak for a few minutes.



After a few minutes, rinse the seeds in a strainer, removing any little extra bits by hand.



Once they are rinsed, shake off the extra water and allow the seeds to dry off for a bit.

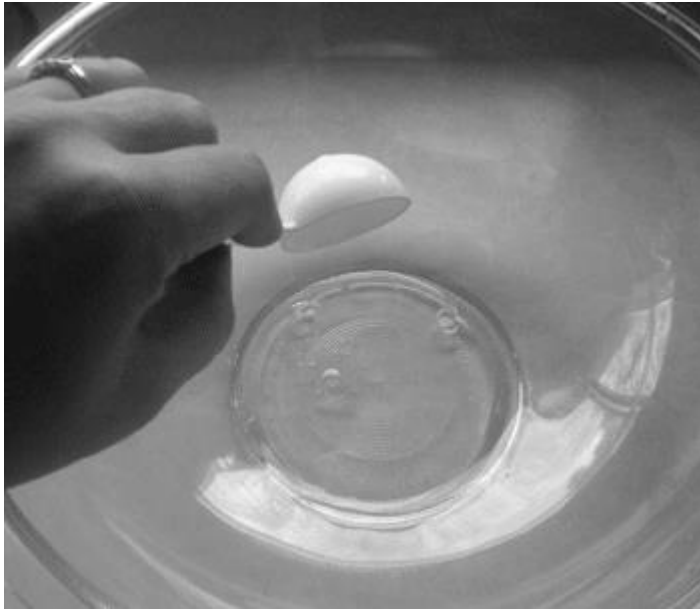
### **Step 3: Preheat the Oven**

Now we're just about ready to start roasting the seeds. Preheat your oven to 300 F.

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## Step 4: Season the Seeds

Add 1 tbsp of olive oil to a bowl.



Add the seeds.



Sprinkle with seasoning salt.



Mix thoroughly to distribute the oil and seasoning salt.



#### **Step 5: Roast the Seeds**

Now you can spread the seeds on the cooking sheet.



Place in oven for about 40 minutes and stir about every 15 minutes.



Remove from oven, allow to cool and serve.

Enjoy!

