

## **Toasted Pumpkin Seeds**

**Fresh pumpkin seeds, rinsed  
1 tablespoon vegetable oil  
1 tablespoon garlic salt  
1 tablespoon onion salt**

**Wash and dry pumpkin seeds.**

**Preheat oven to 350°F. Toss seeds with oil and spread onto a shallow baking sheet. Sprinkle garlic and onion salt on top. Toast at 260 F for about an hour Stirring every 5 minutes. Bake until fragrant and darkening.**

**Note: Try adding a little chili powder to the plain salt, or tossing with Parmesan cheese for variations in flavor.**

**If you soak your seeds for about 8 hours they will be chewier and not as crunchy.**



