



## toasted pumpkin seeds

*Carve and decorate your pumpkin.  
Save the seeds for a fun autumn snack!*

- step 1** Remove all the fibers and spread the seeds on a baking pan.
- step 2** Spray lightly with vegetable oil spray and toss the seeds to coat.
- step 3** Bake the pumpkin seeds in a 350° oven for 15 to 20 minutes, stirring occasionally.
- step 4** Season the seeds with salt, parmesan cheese, taco seasoning, garlic powder or your favorite seasonings.



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