

# Roasted Pumpkin Seeds

***Not sure what to do with the seeds from the pumpkin you carved? Roast and eat them! There are a variety of seasonings you can use to add flavour to your seeds. Give this recipe a try!***

**Prep time:** 20 minutes

**Cook time:** 30 minutes

**Makes:** 2 cups

## Ingredients:

- 2 cups pumpkin seeds
- 2 tablespoons olive oil
- ¼ tsp salt
- ¼ tsp garlic powder
- ¼ tsp red pepper flakes (optional)
- ¼ tsp cayenne (optional)

## Directions:

1. Scoop seeds out from the inside of the pumpkin.  
Try to remove as much of the pumpkin off the seeds, place in a large pot or bowl of water to clean them.
2. Scoop the seeds out of the water and pat dry with a paper towel.
3. Seasoning time! Add your favorite seasonings – salt, garlic powder, red pepper flakes, cayenne.
4. Preheat oven to 350 degrees Celsius. Place pumpkin seeds on a baking sheet and bake. Stir occasionally and cook for 25–30 minutes or until they are golden brown.
5. Enjoy the pumpkin seeds as a snack, or try adding them to your salad for some added flavor and nutrition!



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