



# Roasted Pumpkin Seeds

NIBBLEDISH CONTRIBUTOR

## Ingredients

pumpkin seeds, rinsed and patted dry

1-2 tsp olive oil or canola oil

salt or sugar to taste

cayenne, cinnamon, or another spice you enjoy just to coat seeds

## Instructions

Preheat oven to 300. Toss seeds with oil, salt or sugar and any spices you might want. Place on a cookie sheet in a single layer and bake for about an hour until golden, turning every 15 minutes or so. I thought I would speed this process up by turning up the heat and they began to pop all over the oven so I don't recommend this.