

Roasted Pumpkin Seeds

Ingredients:

- 2-3 c. pumpkin seeds
- 3 t. butter or oil
- 1/2 - 1 t. salt or a combination of your favorite seasonings
- 1/3 c. honey, *optional*

Directions:

Preheat oven to 300.

Spray a baking sheet with nonstick spray.

Optional: Line your baking sheet with parchment paper or foil sprayed lightly with nonstick spray.

Wash the pumpkin seeds well and be sure to remove all of the pulp and sticky stuff.

Dry them well, **REALLY WELL!**

In a large bowl, combine the seeds, oil, and seasonings (*including honey*), toss well.

Spread the seeds evenly on the prepared baking sheet.

Bake for 20 minutes and then stir.

Bake for another 20 minutes and then stir.

Bake for another 15-30 minutes until crisp and golden brown.

Cool slightly and Enjoy!