

PUMPKIN SEEDS

INGREDIENTS

Seeds of one pumpkin (or squash of your choice)

1 teaspoon vegetable or olive oil

A pinch of salt



METHOD

1. Empty pumpkin of its seeds and place in a bowl.
2. Separate seeds from pumpkin flesh. In your bowl, keep only the pumpkin seeds.
3. Add oil and salt. Mix.
4. Place pumpkin seeds on a baking sheet.
5. Grill seeds in the oven at 350°C until lightly brown and crispy (about 10 minutes).

TIPS

- > Add seasoning of your choice to vary the flavor. For example, you could add a pinch of chili spices to the mix.

