

Curry Roasted Pumpkin Seeds Recipe

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Pumpkin seeds are a delicious and healthy snack that you can make yourself with great ease.

The trick to roasting them perfectly is to scoop them out of the pumpkin, put them in a collander, run them under cold water to get the pumpkin guts off of them, then spread them out onto a baking sheet overnight to dry them. They will roast best when they are dry.

For an extra salty seed, boil them in heavily salted water for 15 minutes before draining and drying on a baking sheet. But depending on how salty you like these little snacks, it may not be necessary.

Ingredients:

- Pumpkin Seeds
- 2 tbsp Butter, Olive Oil or Spray Oil
- Salt
- Curry Powder

Instructions:

1. Pre-heat your oven to 300
2. In a bowl, toss the seeds with oil (or melted butter, or spray oil on them), salt and curry powder.
3. Spread the seeds on a non-stick cookie sheet and bake for 30-45 minutes until golden colored and crunchy.