

Simple Roasted Pumpkin Seeds Recipe

<https://moneysmartfamily.com/money-saving-tips/snack-recipes-family-favorites/#pumpkin>



This is a simple snack recipe for roasting delicious, salty, pumpkin seeds after Halloween / Fall festivals. If you're watchful enough for a couple of days after Halloween you should be able to find churches and pumpkin patches that have excess pumpkins they will either: sell them very inexpensively or will ask you to take them for free. You can also use this recipe for roasting squash seeds as well.

Annette does two things with the pumpkins.

1. Purees and cooks the flesh for making pumpkin bread.
2. Cooks soaks and roasts the seeds.

Here's the simple recipe.

Cooking Pumpkins Seeds

- Soak in salt water overnight. (1 cup salt to 4 quarts water)
- Bake on cookie sheets at 350° turning once.
- Cook approximately 1/2 hour or until golden brown.