

## Toasted Pumpkin Seeds



### Food Fact:-

**Don't toss those pumpkin seeds!**

**Toast or roast pumpkin seeds in your oven in no time at all.**

**They can be flavoured or spiced to suit your palate. The shells are edible and are a good source of fibre.**

**Use these methods with other seeds such as acorn squash and butternut squash.**

**Preparation time** 5 mins

**Cooking time** 5-10 mins

Serves 4-6

**REAL FOOD  
WORKS**

### Ingredients

## Toasted Pumpkin Seeds

**Pumpkin seeds**  
**Cooking oil**

**Flavourings:**  
**Soy Sauce**  
**Worcester Sauce**  
**Curry/chilli powder & oil**  
**Honey**

1. Mix 1 cup of pumpkin seeds and up to 1 Tbsp. of vegetable oil.
2. Spread a thin layer on a shallow microwave proof dish and cook on FULL POWER for 2 minutes.
3. Remove from microwave and stir.
4. Continue to toast in increments of 1 minute, stirring in between, until desired crispness.
5. Mix with desired flavouring and leave to cool.

