

## PUMPKIN SEEDS

Be sure to get your parent's permission to use the kitchen and microwave  
Even better, make the pumpkin seeds together!

1 cup pumpkin seeds  
1 tablespoon olive oil or butter  
Garlic powder, salt, sugar or your favorite spice mix

Rinse seeds  
Dry overnight on a cookie sheet

Spread oil all over inside of a microwave safe dish  
Heat up for 30 seconds  
Remove dish from microwave – be sure to use oven mitts in case the dish is hot

Add seeds to dish  
Spread seeds around the dish until they are covered with the oil on both sides  
Heat 7-8 minutes in microwave, stirring every 2 minutes to keep them from burning  
Remove dish from microwave – be sure to use oven mitts in case the dish is hot

Sprinkle on spice

Cool seeds completely before eating – Yum!!

Store in an airtight container

