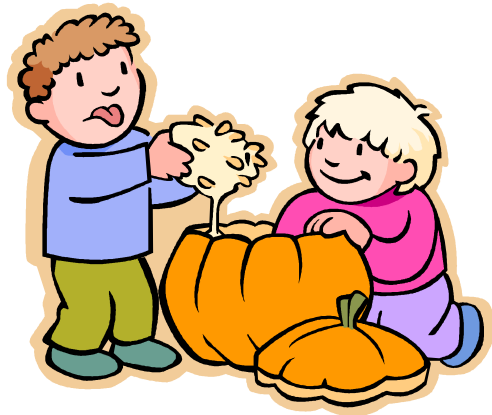


Toasted Pumpkin Seeds

If your family would like to try it, you will need:

- 1 or more pumpkins
- Salt
- Carving Knife
- Plastic or metal spoon
- Strainer (for seeds)
- Cookie Sheet (with sides)



All you will need to do is:

1. Cut the pumpkin to reveal the inside.
2. Use the spoon to scrape the pulp away from the rind.
3. Separate the seeds from the pulp by gently squeezing it between your fingers.
4. Wash the pumpkin seeds in the strainer under warm water.
5. Spread seeds evenly onto a cookie sheet. Note: It is suggested that you use a cookie sheet that has sides to keep the seeds from sliding off the cookie sheet.
6. Sprinkle the seeds lightly with salt.
7. Bake at 350° until the seeds appear dry. Time for baking may vary between 10-20 minutes depending on the thickness of the seeds.
8. Enjoy warm or store in an airtight container (stored seeds may get chewy).