**Pumpkin Seeds**

**Ingredients:**

1 ½ cups pumpkin seeds (cleaned & washed) (you may boil them for 20 min. if desired)

2 Tbsp. butter melted

¼ tsp. salt

**Cinnamon Sugar Variation:**

1 ½ cups pumpkin seeds

2 Tbsp. butter melted

2 Tbsp. sugar

1 ½ tsp. cinnamon

**Directions:**

1. preheat oven to 300\*

2. toss seeds with butter & salt (or butter, cinnamon, & sugar if making the cinnamon sugar version)

3. spread the seeds out in a thin layer on a cookie sheet

4. bake at 300\* for 35-40 min (seeds should be crispy and lightly toasted, but not dark brown)