

Roasted Pumpkin Seeds

Serves 8

INGREDIENTS

Half a cup of pumpkin seeds

2 cups of water

1 tablespoon of salt

1 teaspoon of olive oil



They make a delicious healthy snack by themselves. Or, use them to garnish soup or salads.

METHOD

1. Preheat the oven to 200°C/180°C fan/gas mark 6.

2. Place the seeds in a medium saucepan. Add salt water and simmer for 10 minutes. Remove from heat and drain.

Add 2 cups of water and 1 tablespoon of salt to the pan for every half cup of pumpkin seeds.

3. Coat the bottom of a roasting pan or thick baking sheet with a teaspoon of olive oil. Spread the seeds out over the roasting pan in a single layer making sure they are coated with the oil.

4. Bake at the top of the oven until the seeds begin to brown, 5-20 minutes, depending on the size of the seeds.

Serving Suggestion - keep them in an air tight container and then bag them up for an ideal after school treat.