



Recipes



Preschool

Roasted Pumpkin Seeds

Prep time: 5 minutes

Cooking time: 45 minutes

Tools:

- Bowl
- Cookie sheet
- Oven

Ingredients:

- ½ cup whole pumpkin seeds
- 2 tsp melted butter
- Pinch of salt

Directions:

1. Before beginning, wash hands and sanitize the work area.
2. Preheat the oven to 350F.
3. Follow directions steps 1-3 above in Pumpkin Seed Saving and Exploration.
4. In a bowl, combine pumpkin seeds, butter, and salt. Mix together with a spoon.
5. Spread seeds onto a cookie sheet and bake for 45 minutes.
6. Halfway through the baking time, stir seeds. Continue baking.

