

# Dr. Jenn's Roasted Pumpkin Seeds

What you will need:

- 1 ½ cup dried raw pumpkin seeds (2 carved pumpkins)
- 2 tsp Organic Olive Oil
- 1 pinch Salt
- Peper to taste

What to do:

- Preheat oven to 300 F
- Toss seeds in a medium bowl with olive oil, salt, and pepper
- Spread seeds in a single layer on baking sheet.
- Bake for about 45 minutes, turn occasionally.
- Once golden brown, remove from oven and let cool.

Enjoy!