



## All Natural Pumpkin Seeds

### Ingredients:

Pumpkin seeds  
(cleaned/air dried)  
4 Tbsp butter  
1 tsp sea salt (or  
table salt)

### Instructions:

1. Preheat the oven to 350 °F.
2. Using a microwave, melt the butter in a small microwave safe bowl just long enough to get to a liquid state. Mix in the sea salt.
3. Spread the dried pumpkin seeds in a large baking dish or baking pan with 4 sides.
4. Coat all the seeds with the butter mixture by tossing together or use a basting brush.
5. Bake at 350 °F for 12-15 min. or until golden brown.



## Savory Pumpkin Seeds

### Ingredients:

Pumpkin Seeds  
(cleaned/air dried)  
4 Tbsp butter  
½ tsp garlic salt  
2 tsp Worcestershire  
sauce

### Instructions:

1. Preheat the oven to 350 °F.
2. Using a microwave, melt the butter in a small microwave safe bowl just long enough to get to a liquid state. Mix in the garlic salt and Worcestershire sauce.
3. Spread the dried pumpkin seeds in a large baking dish or baking pan with 4 sides.
4. Coat all the seeds with the butter mixture by tossing together or use a basting brush.
5. Bake at 350 °F for 12-15 min. or until golden brown.



## Halloween Pumpkin Seeds

### Ingredients:

Pumpkin Seeds  
(cleaned/air dried)  
4 Tbsp butter  
1 tsp cinnamon  
½ tsp ground ginger  
½ tsp salt  
½ tsp ground  
allspice

### Instructions:

1. Preheat the oven to 350 °F.
2. Using a microwave, melt the butter in a small microwave safe bowl just long enough to get to a liquid state. Mix in the cinnamon, ginger, salt, and allspice.
3. Spread the dried pumpkin seeds in a large baking dish or baking pan with 4 sides.
4. Coat all the seeds with the butter mixture by tossing together or use a basting brush.
5. Bake at 350 °F for 12-15 min. or until golden brown.

**Caution:** pumpkin seeds are a possible choking hazard for children 3 and younger.