

# ROAST PUMPKIN SEEDS RECIPE

<https://scoutermom.com/9315/roasted-pumpkin-seeds-recipe/>

## Ingredients

- One large pumpkin
- 1/4 cup butter
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- Salt to taste

## Instructions

- Preheat the oven to 250 degrees.
- Remove the pumpkin seeds from the pumpkin.
- Separate the pulp from the seeds. Do NOT wash the seeds. (The seeds are good with little bits of pulp still on them, but don't leave big chunks.) Discard the pulp.
- Spread the seeds in a 9×13 inch baking pan.
- Melt the butter and combine with the Worcestershire sauce and garlic powder.
- Pour the butter mixture over the seeds and stir.
- Bake the seeds for about 1 hour, until deep brown and crisp. Stir every 15 minutes.
- Season with salt to taste.