

# Recipe from the EarlyON Kitchen:

## *Roasted Pumpkin Seeds*



### What to do:

1. Wash your hands!
2. Use the knife to cut the top off the pumpkin.
3. Invite children to use their hands or a large spoon to scoop out all of the pumpkin seeds.
4. Separate the seeds from the pulp.
5. Rinse the seeds and let them dry overnight.
6. Melt the butter in the microwave.
7. In a bowl, mix the melted butter and the seeds.
8. Optional: add seasoning salt to taste.
9. Spread the seeds evenly across the baking tray.
10. Set the oven to 300 degrees Fahrenheit.
11. Cook the seeds for 40 minutes.
12. Let cool and enjoy!