



You can pay £2.95 for a small bag of roasted Pumpkin Seeds in a well known health food store if you wish. But why would you? When making a Pumpkin lantern with kids most folk seem to just scoop the seeds out and throw them away.

Not here!

Ingredients:-

The seeds from your Pumpkin

Oil to roast

Salt

Method:-

- (1) Add a little oil to an oven tray.
- (2) Wash the pulp off the Pumpkin seeds and dry them with kitchen paper.
- (3) Add the seeds to the oil and sprinkle with salt.
- (4) Roast in the oven at 180C for 20 minutes or so stirring occasionally.
- (5) Lay the roasted seeds on kitchen paper to absorb the oil and then store in a jar.

Good for sprinkling over dishes to add a bit of crunch and a mild nutty flavour.