ROASTED PUMPKIN SEED RECIPE

1. After you remove the seeds from the pumpkin, rinse the seeds with cold water.
2. Spread the rinsed seeds on a baking sheet and leave them overnight to dry.
3. Toss the dry seeds in a mixture of olive oil and garlic salt and roast at 300 degrees for about 45 mins or until golden brown.
4. Your seeds are ready for eating!

SOURCE: FROMVALERIESKITCHEN.COM/PERFECT-ROASTED-PUMPKIN-SEEDS/