Roasted Pumpkin Seeds

Ingredients:
- 1 pumpkin
- 1 tablespoon olive oil
- Salt or other flavoring to your taste

Directions:
1. Preheat oven to 300F.
2. Remove the seeds from the pumpkin using a spoon. Rinse the seeds to remove any sticky pumpkin. Dry the seeds using a lint free towel or paper towel.
3. Toss seeds in a bowl with olive oil to mix evenly.
4. Spread seeds in a single layer on a baking sheet and bake 45 mins or until golden brown.
5. Sprinkle your favorite flavoring over the seeds immediately after removing them from the oven.
6. Store unused portion in an airtight container.

Makes 3-4 Servings