

# Roasted Pumpkin Seeds



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

In addition to being crunchy, satisfying and delicious, pumpkin seeds are a nutritious snack. They are very high in fiber, and are also rich in zinc, magnesium, copper and iron. You can buy shelled pumpkin seeds in the grocery store (also know as pepitas), but when pumpkin season rolls around, you can buy a fresh pumpkin, scrape out the seeds, and toast the whole seeds yourself. YUM!

*\*If you have a sensitive digestive system, Crohn's disease or IBS, skip this recipe. These little fiber-dense, seedy bits can cause digestive flare-ups.*

## **Ingredients:**

- 3/4 cup of fresh pumpkin seeds (we like the seeds from sugar pie pumpkins)
- 1 Tbl melted butter (or ghee, or coconut oil, or olive oil)
- 1 tsp of your favorite seasoning (it can be whatever you like – pumpkin pie spice, or chili powder, or curry powder!)
- 1/2 tsp sea salt (optional – only use if your seasoning

does not have salt, and you'd like your seeds a little salty)

***Other Tools needed:***

- colander
- parchment paper (or foil)

**Instructions:**

Preheat oven to 325 degrees. While your oven is preheating, you're going to scoop your seeds.

When you scoop the seeds out of your pumpkin, they're going to be gooey. So after scooping them out of your pumpkin, the first thing to do is put the seeds in a colander and rinse them under cold running water. You can leave some of the pumpkin bits on there, but if you leave too much, they won't get crispy. So make sure to get the big pumpkin globs off. Lay the seeds flat and pat them dry with a paper towel.

Put the dry seeds into a bowl and add your butter (or oil). Then season your seeds and toss thoroughly so the seasoning is evenly distributed. You can use whatever seasoning you like. That's what's great about this recipe. You can make them as mild or as spicy as you want. And if you don't want your seeds to have a spice, that's ok, too. Just oil and salt is delicious.

Line a baking sheet with parchment paper or aluminum foil. Then spread your seeds out evenly. If you're doubling this recipe, you might need two cookie sheets.

Bake 20-30 minutes, stirring every 5-10 minutes. The cooking time here is approximate. Since some pumpkins have smaller seeds than others, the cooking time will vary. You want your seeds to be a toasty, golden color, but not too brown. So just keep an eye on them, and when they are crisp and golden, and your

kitchen starts smelling really good, they're done.

Enjoy!

Cheers,