

# pumpkin seed recipe

Keep those jack-o-lantern seeds!

*\*Be sure to ask a parent or an adult for help before starting this project.\**

## Step 1.

Carve your creepy jack-o-lantern, and save the seeds from the 'guts' you pulled out of the pumpkin.

Show us your  
jack-o-lantern design!



## Step 2.

Wash and dry the pumpkin seeds.  
\*Did you know that pumpkin seeds are also called **pepitas**?

## Step 3.

Season your seeds using this easy recipe, or swap in your favourite spices!



## Recipe

- Toss the seeds in 2 tsp of coconut oil
- Season with 2 tsp of sea salt, mix
- Sprinkle on 2 tsp of curry powder, mix



## Bake

Spread the seeds on a baking tray lined with parchment paper.  
Place tray on the middle rack in the oven set at 350F  
and bake for 10 - 25 minutes.

When seeds are golden, remove from oven and allow to cool.

**...now it's time to eat!**