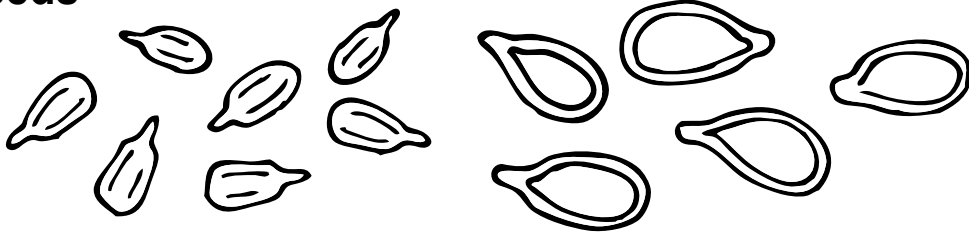


## Roasting Seeds (Fall)



### What to do:

1. Remove seeds from sunflower, squash, or pumpkin.
2. Squash and pumpkin seeds need to be separated from the strings and washed in a colander.
3. Place seeds on paper towels or seed counting sheets to dry.
4. When seeds are dry, spread seeds out on a oiled cookie sheet.
5. Season with garlic powder and salt.
6. Bake in 400° oven.
7. Use a pancake turner to stir seeds every few minutes to keep them from sticking and to brown on all sides.
8. Seeds are roasted when browned on both sides.
9. Cool and EAT!

