

Pumpkin Seeds

These seeds turn out brown and crunchy and full of flavor - YUM!.

NOTE: These soak overnight so start them the day before you need them.

Seeds from 1 pumpkin

In a saucepan, combine 1 1/2 cups water, 2T salt and pumpkin seeds.

Bring to boil. Cover, remove from heat and let stand overnight.

Drain - Heat oven to 350 degrees F

Combine seeds with 1 1/2 T melted butter and 1 1/2 t Worcestershire Sauce.

Stir to coat. Spread seeds on greased cookie sheet.

Bake 25 to 30 minutes stirring every 10 minutes.

They are done when they turn brown and are crunchy.