



Roasted Pumpkin Seeds

What you need:

- 2 cups fresh pumpkin seeds
- 1/4 cup melted butter
- 1/2 teaspoon garlic salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon Worcestershire sauce

Step 1 - In a small bowl, combine all ingredients; transfer to an ungreased baking pan

Step 2 - Bake at 250 degrees for 45 or 50 minutes until lightly browned and dry, stirring occasionally

Be sure to have an adult help you with the oven!