

# Roasted Pumpkin Seeds

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*Pumpkin seeds make for a healthy yet delicious snack, and if you're making pumpkin purée or something else with a pumpkin, make use of these delicious seeds!*

## Ingredients:

150g raw whole pumpkin seeds  
1 tbsp. Worcestershire sauce  
1 tbsp. melted butter  
1/2 tsp. garlic salt

## Directions:

1. Preheat the oven to 140C.
2. Mix together the pumpkin seeds, Worcestershire sauce, melted butter and garlic salt.
3. Sprinkle the seeds into a baking tin and bake for one hour, stirring occasionally.

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