



Roasted Pumpkin Seeds

Don't throw out those pumpkin seeds! Roast them instead for a healthy snack that is full of fibre, zinc and iron.

- 1) Pre-heat your oven to 180 degrees, and line a baking tray with some greaseproof paper.
- 2) Wash and dry the seeds thoroughly. You don't want any water or bits of pumpkin flesh on your seeds or this may burn in the oven and ruin your seeds.
- 3) Coat your seeds in a small amount of oil. You need just enough to make sure your seasoning sticks evenly to them. You can coat your seeds in whatever seasoning you like. Popular flavours include pepper, garlic powder, chilli powder or paprika. If you prefer a sweet treat, why not try cinnamon or nutmeg? REMEMBER, you only need a small amount of seasoning.
- 4) Spread evenly on a baking tray and place in the preheated oven for approx. 12-15 minutes, turning every 5 minutes to make sure they cook evenly.

1 ounce (28 grams) of pumpkin seeds provides approximately 126 calories, 5.3 grams of protein, 5.5 grams of fat mainly from unsaturated sources, 15 grams of carbohydrates and 5 grams of total dietary fibre.