

A recipe from



Sea Salt & Honey Pumpkin Seeds

Ingredients

Raw seeds from 2 medium-sized pumpkins or 2 cups
clean, raw seeds (available at most grocery stores)

2 Tbsp [Racconto Extra-Virgin Olive Oil](#)

2 Tbsp honey

1 tsp [Racconto Sea Salt](#)

Preparation

Preheat oven to 300°F

Scoop out the seeds from two medium-sized pumpkins (about two cups). Place the seeds in a colander and rinse with cold water, working to separate the seeds from the pumpkin guts. Pat dry.

Spread the seeds on a rimmed baking sheet, and bake them until dry throughout, about 50-60 minutes. Remove baking sheet from the oven.

Raise the oven temperature to 350° F.

Transfer clean roasted seeds to a bowl. Add the olive oil, honey and sea salt.

Before returning the seeds to the baking sheet, line it with parchment paper and spray with cooking spray (this will help prevent the honey from sticking). Return seeds to a baking sheet and roast 10-15 more minutes, or until golden.



Total Prep Time: 90 minutes

Serves: 6