



### *Ingredients:*

Seeds from 1 Hokkaido pumpkin, spices (I used salt, pepper, chilli, caraway), app. 3 TblSps olive oil.

### *Preparation:*

Separate the seeds from the pumpkin flesh (use your fingers - yes, they get dirty). Rinse, then boil the seeds for 10 minutes in salted water. Dry the seeds ... either wait long enough or use a dish towel. Spread the seeds onto a baking sheet and toss with olive oil, salt and spices. Bake for 30 minutes at 200 °C. Store in an airtight container.

*Enjoy!*