

# Hot Momma Pumpkin Seeds

## HOT MOMMA PUMPKIN SEEDS

### INGREDIENTS

- 2 Cups Pumpkin Seeds, fresh from pumpkin
- 2 tsp EV00
- 1 tsp Sea Salt
- 1 tsp Garlic Powder or Salt
- 1 tsp Hot Momma Seasoning, mild or fiery

### DIRECTIONS

Scoop seeds out of the inside of a pumpkin. There will be approximately 2 cups of seeds in the pumpkin. Rinse in a bowl of cold water to remove any pulp from pumpkin. Spread seeds onto a towel and dry as much as possible. Can leave out to dry overnight. Scoop into a medium sized bowl. Drizzle EV00 over seeds. Toss to coat. Mix salt and seasoning. Shake over seeds. Mix to coat evenly. Spread onto a parchment lined baking sheet. Bake at 300\* 30-40 minutes. Flips seeds every 10 minutes so they bake evenly and crisp. Let cool. Salsalénté!