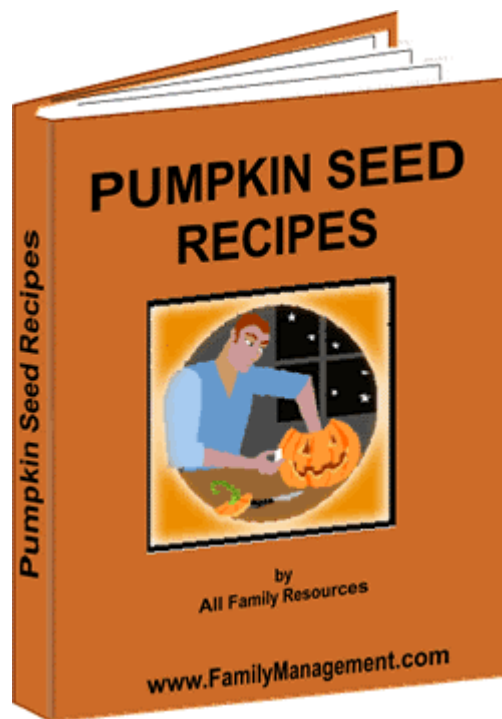


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*PRESENT*



***(OUR COLLECTION OF PUMPKIN SEED RECIPES)***

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A decorative border of orange pumpkin icons surrounds the page. The pumpkins are arranged in a rectangular frame, with a small '2' at the top right corner.

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## A LITTL BIT ABOUT PUMPKIN SEEDS...

Don't waste the seeds after cooking your pie or making jack-o-lanterns. Instead, roast and salt the seeds for a delicious and nutritious snack. Let the children slosh through the fibers in pursuit of the slippery seeds, it is so much fun.

Drying seeds and roasting seeds are two different processes. To dry, carefully wash pumpkin seeds to remove the clinging fibrous pumpkin tissue. Pumpkin seeds can be dried in the sun, in a dehydrator 115-120oF for 1 to 2 hours, or in an oven on warm for 3 to 4 hours. Stir them frequently to avoid scorching.

To roast, take dried pumpkin seeds, toss with oil (1 teaspoon per cup of seeds) and/or salt and roast in a preheated oven at 250 degrees F for 10 to 15 minutes.



## SALTED PUMPKIN SEEDS

**Description:** A traditional, healthy snack to enjoy during fall and after pumpkin carving.

---

**Ingredients:** Seeds of one pumpkin and salt.

---

**Preparation Directions:**

Preheat oven to 350 degrees

Extract seeds from pumpkin.

Separate and discard pulp.

Thoroughly wash seeds in warm water.

Spread seeds out onto a cookie sheet.

Sprinkle generously with salt.

Put into oven and bake at 350 degrees for approximately 20 minutes.

Check every five minutes and stir, adding more salt to taste.

Check seeds to see if they are done by taking out a sample. Remember to allow it to cool before tasting. If the insides are dry, they are done.

Allow to cool and serve.

---

**Serving Tips and Suggestions:**

Try using reduced salt for an even healthier snack.

Left over seeds can be kept fresh in an airtight container or frozen for extended periods.

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A decorative border of orange pumpkin icons surrounds the text. The pumpkins are arranged in a grid-like pattern, with some overlapping. The number '5' is located in the top right corner of the page.

## CHEESY PUMPKIN SEEDS

**Description:** A traditional, cheesy snack to enjoy during fall and after pumpkin carving.

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**Ingredients:** Seeds of one pumpkin and cheesy popcorn flavoring.

---

**Preparation Directions:**

Preheat oven to 350 degrees

Extract seeds from pumpkin.

Separate and discard pulp.

Thoroughly wash seeds in warm water.

Spread seeds out onto a cookie sheet.

Sprinkle generously with cheesy popcorn flavoring.

Put into oven and bake at 350 degrees for approximately 20 minutes.

Check every five minutes and stir, adding more cheesy popcorn flavoring or to taste.

Check seeds to see if they are done by taking out a sample. Remember to allow it to cool before tasting. If the insides are dry, they are done.

Allow to cool and serve.

---



## TEX-MEX FLAVORED PUMPKIN SEEDS

Description: A traditional, Tex-Mex snack to enjoy during fall and after pumpkin carving.

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**Ingredients:** Seeds of one pumpkin and taco seasoning.

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### Preparation Directions:

Preheat oven to 350 degrees

Extract sees from pumpkin.

Separate and discard pulp.

Thoroughly wash seeds in warm water.

Spread seeds out onto a cookie sheet.

Sprinkle generously with powdered taco seasoning.

Put into oven and bake at 350 degrees for approximately 20 minutes.

Check every five minutes and stir, adding more taco seasoning or to taste.

Check seeds to see if they are done by taking out a sample. Remember to allow it to cool before tasting. If the insides are dry, they are done.

Allow to cool and serve.

\*Add more red pepper powder to the powdered taco seasoning for a really hot seed



## CAJUN FLAVORED PUMPKIN SEEDS

**Description:** A traditional Cajun snack to enjoy during fall and after pumpkin carving.

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**Ingredients:** Seeds of one pumpkin and Cajun seasonings mix.

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**Preparation Directions:**

Extract sees from pumpkin.

Separate and discard pulp.

Thoroughly wash seeds in warm water.

Spread seeds out onto a cookie sheet.

Mix seeds in a bowl with a packet of Cajun seasonings mix.

Put into oven and bake at 350 degrees for approximately 20 minutes.

Check every five minutes and stir, adding more Cajun seasonings or to taste.

Check seeds to see if they are done by taking a sample out, allowing to cool and tasting. If the insides are dry, they are done.

Allow to cool and serve.

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## GARLIC FLAVORED PUMPKIN SEEDS

**Description:** A traditional, garlic snack to enjoy during fall and after pumpkin carving.

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**Ingredients:** Seeds of one pumpkin and garlic salt.

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### Preparation Directions:

Extract sees from pumpkin.

Separate and discard pulp.

Thoroughly wash seeds in warm water.

Spread seeds out onto a cookie sheet.

Sprinkle generously with garlic salt.

Put into oven and bake at 350 degrees for approximately 20 minutes.

Check every five minutes and stir, adding more salt or to taste.

Check seeds to see if they are done by taking a sample out, allowing to cool and tasting. If the insides are dry, they are done.

Allow to cool and serve.

---





## SWEET AND SPICY PUMPKIN SEEDS

**Description:** A traditional, healthy snack to enjoy during fall and after pumpkin carving.

---

**Ingredients:** Seeds of one pumpkin, sugar, salt, cumin, cinnamon, ginger, cayenne pepper, and peanut oil.

---

### Preparation Directions:

1 cup pumpkin seeds from 1 (5 to 7 pound) pumpkin  
5 tablespoons granulated sugar, divided  
1/4 teaspoon coarse salt  
1/4 teaspoon ground cumin  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
Pinch cayenne pepper, or to taste  
1 1/2 tablespoons peanut oil

Preheat oven to 250 degrees F. Line a baking sheet with parchment paper. Cut pumpkin open from the bottom, removing seeds with a long-handled spoon. Separate flesh from seeds and discard. Spread seeds on parchment in an even layer. Bake until dry, stirring occasionally, about 1 hour. Let cool. In a medium bowl combine 3 tablespoons of the sugar, salt, cumin, cinnamon, ginger and cayenne.

Heat peanut oil in a large nonstick skillet over high heat. Add pumpkin seeds and the 2 tablespoons sugar. Cook until sugar melts and the pumpkin seeds begin to caramelize, about 45 to 60 seconds. Transfer to bowl with spices and stir well to coat. Let cool.

These may be stored in an airtight container for up to 1 week.

Makes about 1 cup.



## ROASTED PUMPKIN SEEDS II

**Description:** A traditional, healthy snack to enjoy during fall and after pumpkin carving.

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**Ingredients:** Seeds of one pumpkin and lemon juice and salt.

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**Preparation Directions:**

2 c. pumpkin seeds  
1/4 c. lemon juice (fresh squeezed)  
3/4 tbsp. salt

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Dilute the salt with the lemon juice; then, mix in the pumpkin seeds. Keep mixing together until all seeds are very wet and soaked. Place seeds in a glass bowl and put in the microwave on very high temperature for 4 minutes. Take out and stir them very well and place back in the microwave for another 2 minutes. Keep repeating for 2 minutes at a time, stirring in between until they are roasted (golden brown).

## TOASTED PUMPKIN SEEDS

**Description:** A traditional, healthy snack to enjoy during fall and after pumpkin carving.

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**Ingredients:** Seeds of one pumpkin and Worcestershire sauce, butter or margarine and seasoning salt.

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### Preparation Directions:

2 c. unwashed pumpkin seeds  
1 1/2 tsp. Worcestershire sauce  
1 1/2 tbsp. melted butter or margarine  
1 1/4 tsp. seasoning salt

In bowl combine seeds, Worcestershire sauce, butter and salt, until seeds are coated.

Spread on large shallow baking pan.

Bake at 250 degrees approximately 1 hour, stirring occasionally until crisp, dry and golden brown.

## SPICY NUT MIX

**Description:** A traditional, healthy snack to enjoy during fall and after pumpkin carving.

---

**Ingredients:** Seeds of one pumpkin, cashews or peanuts, soy nuts, sunflower seeds, corn oil, chili and garlic powder, Worcestershire sauce and salt.

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### Preparation Directions:

1 1/4 c. raw cashews or peanuts  
3/4 c. soy nuts  
1 c. sunflower and/or hulled pumpkin seeds  
2 tbsp. corn oil  
1 1/2 tsp. chili powder  
1/8 tsp. garlic powder  
1 1/4 tsp. salt  
1 tsp. Worcestershire sauce

Combine nuts and seeds in large bowl. Place oil and spices in covered container. Cover and shake. Sprinkle over nuts and seeds. Toss to coat. Spread in baking pan. Bake 20 minutes at 300 degrees. Cool and store in covered containers in refrigerator.