Roasted Pumpkin Seeds and Pumpkin Skin Chips

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Make the most of the whole pumpkin with these quick, easy and delicious recipe ideas.

Ingredients

Roasted Pumpkin Seeds

Pumpkin seeds from a quarter pumpkin

1/8 tsp smoked paprika

1/4 tsp honey

1/8 tsp garlic powder

A pinch of salt

1/4 tsp extra virgin olive oil

Pumpkin Skin Chips

Pumpkin skin, washed and dried

Olive oil

Salt

Method:

1. Roasted Pumpkin Seeds
2. Preheat the oven to 150°C.
3. Wash seeds to remove any remaining pulp. Dry well.
4. Combine the seeds in a bowl, with the smoked paprika, honey, garlic powder, salt and extra virgin olive oil.
5. Spread the seeds evenly on a tray and roast in the oven for 15-20 minutes tossing in between. When seeds are brown and crunchy, they are ready.
6. Pumpkin Skin Chips
7. Preheat the oven to 120°C.
8. Drizzle some olive oil and a generous pinch of salt on the pumpkin skin. Toss until evenly coated. Spread the pumpkin skin on a baking tray and place in the oven for an hour, turning over in between.