



Cajun Spiced Pumpkin Seeds

Makes 2 cups

Ingredients:

2 cup	Pumpkin Seeds, raw, shelled
1/4 cup	Olive Oil
1/3 cup	Cajun Seasoning Blend

Directions:

Heat the oven to 350 degrees

Place the pumpkin seeds, oil and seasoning in a bowl and toss to blend well

Place the seasoned seeds on a sheet pan and roast for about 15 minutes or until toasted.

Remove from oven and allow to cool

Serve with cold drinks