

Salt & Vinegar Pumpkin Seeds

Serves 16



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 2 cups raw pumpkin seeds
- 2 cups + 1 tablespoon white vinegar, divided
- 1 tablespoon or 1 teaspoon salt

Directions

Optional: Make Vinegar Salt

1. Combine 1 tablespoon salt and 1 teaspoon vinegar in a small bowl. Spread it out on a small plate to dry for 24 hours or dry it on a baking sheet in the oven at 250°F for 45-60 minutes, stirring halfway. Once dry, scrape it to create flakes.

Make Pumpkin Seeds

1. Soak pumpkin seeds in 2 cups vinegar for 45-60 minutes.
2. Preheat oven to 350°F. 3. Drain off excess vinegar and spread pumpkin seeds over a cookie sheet. Sprinkle with 1 teaspoon salt (using vinegar salt if desired) and roast for 13-15 minutes, or until they start to turn light golden brown. Sprinkle with more salt to taste if necessary.

Recipe from [Healthier Holiday Treats, Fall 2020](#)