



## Pumpkin Seeds

**Ingredients:** Seeds of one pumpkin and seasonings. The basic seasoning is salt. Other possible seasonings include:

- **Cheesy** Pumpkin Seeds- sprinkle with Cheesy popcorn seasoning.
- **Tex-Mex** Style- Sprinkle powdered Taco seasoning onto the seeds. This is better mixed in a bowl first. Add more red pepper powder for a really hot seed.
- **Cajun style**- Mix seeds in a bowl with a packet of cajun seasonings mix. If you like it really spicy, add extra hot sauce.
- **Garlic Salt**- yum!

Hint: Want more ideas? Just think about the flavors of popcorn and give it a try!

### Preparation Directions:

1. Extract seeds from pumpkin.
2. Separate and discard pulp.
3. Thoroughly wash seeds in warm water.

**For simple salted seeds**, soak the seeds in salt water (1/2 cup salt in 1 quart water) for about an hour.

**For other seasonings**, toss the seeds with the seasoning of your choice.

4. Spread seeds out on cookie sheet
5. Bake at 350 degrees for about 20 minutes.
6. Check every 5 minutes and stir, adding more salt and seasoning if desired.
7. Check doneness by taking a sample out, let it cool, and taste it. If the insides are dry, they are done.
8. Allow to cool & serve.

## Pumpkin Oatmeal Cookies

Makes about 5 dozen.

### Ingredients:

1 cup	canned pumpkin
1 cup	sugar
1 ¾ cup	rolled oats
1	egg (beaten)
1 ½ cup	flour
¾ cup	butter or margarine, softened
1 cup	raisins or chopped nuts
½ teaspoon	baking soda
¼ teaspoon	nutmeg
¾ teaspoon	cinnamon
1 teaspoon	salt

### Directions:

Preheat oven to 400 degrees.

In a mixing bowl, stir together flour, sugar, baking soda, cinnamon, nutmeg, and salt.

Add and mix butter or margarine. Stir until mixture is crumbly.

Stir in egg, pumpkin, oats, and raisins or nuts.

Drop by teaspoonfuls of dough onto an ungreased cookie sheet.

Bake for 15 minutes or until done.

Note: Nutrition Facts are based on cookies made with butter and raisins.

## Pumpkin Raisin Muffins

Makes about 2 dozen.

### Ingredients:

1 cup	fresh or canned pumpkin
3 ½ cups	flour
1 cup	sugar
2	eggs
1 ¼ cup	milk
¼ cup	butter or margarine, softened
1 cup	raisins
4 teaspoons	baking powder
½ teaspoon	cinnamon
½ teaspoon	nutmeg
½ teaspoon	salt

### Directions:

Preheat oven to 400 degrees.

Put muffins cups into muffin tins or grease tins.

Cream butter or margarine and sugar until fluffy.

Beat in pumpkin and eggs.

Dredge raisins in ½ cup of flour.

Sift remaining flour, baking powder, cinnamon, nutmeg, and salt together.

Pour milk into large mixing bowl.

Mix dry ingredients into milk by hand until just mixed.

Stir in raisins.

Spoon mix into muffin tin.

Bake a 400 degrees for 20 – 25 minutes.

Note: Nutrition facts are based on muffins made with butter and 2% milk.

## Nutrition Facts

Serving Size (18g)

Servings Per Container

Amount Per Serving

**Calories** 60

Calories from Fat 25

% Daily Value\*

**Total Fat** 2.5g

**4%**

Saturated Fat 1.5g

**8%**

**Cholesterol** 10mg

**3%**

**Sodium** 65mg

**3%**

**Total Carbohydrate** 9g

**3%**

Dietary Fiber 1g

**4%**

Sugars 4g

**Protein** 1g

Vitamin A 15%

• Vitamin C 0%

Calcium 0%

• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Nutrition Facts

Serving Size (63g)

Servings Per Container

Amount Per Serving

**Calories** 150

Calories from Fat 25

% Daily Value\*

**Total Fat** 3g

**5%**

Saturated Fat 1.5g

**8%**

**Cholesterol** 25mg

**8%**

**Sodium** 160mg

**7%**

**Total Carbohydrate** 29g

**10%**

Dietary Fiber 1g

**4%**

Sugars 13g

**Protein** 3g

Vitamin A 35%

• Vitamin C 2%

Calcium 8%

• Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
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Fat 9 • Carbohydrate 4 • Protein 4