
Drying & Roasting Pumpkin Seeds

Drying and roasting pumpkin seeds are two different processes.

Pumpkin Seeds - To Dry:

Carefully wash pumpkin seeds to remove the clinging fibrous pumpkin tissue. Pumpkin seeds can be dried in a dehydrator at 115 to 120 degrees F for 1 to 2 hours, or in an oven on warm for 3 to 4 hours. Stir them frequently to avoid scorching.

Pumpkin Seeds - To Roast:

Take dried pumpkin seeds and toss with oil and or salt and roast in a preheated oven at 250 degrees F for 10 to 15 minutes.

Source: Kansas State University Research and Extension

