Carroll, Ohio 43112





Toasted Pumpkin Seeds

Heat 1 tbs of Coconut Oil in skillet over Medium heat.

Add 1 bag of Raw Pumpkin Seeds.

Stir til lightly browned and making popping sounds.

Put on dinner plate to cool, sprinkle well with Pink Salt, store in air-tight container.

*Try to consume 2-4 tbs per day