Roasted pumpkin seeds: cool them before storing

Seed-cleaning and cooling checklist • Free, no signup or purchase.

Clean and season

For a small batch, separate about 1 cup of pumpkin seeds from the pulp, rinse and dry thoroughly. Toss with 1 teaspoon oil and a small pinch of salt; add more seasoning after tasting.

Roast and cool

Spread in one layer on a baking sheet. Roast at 300°F, stirring about every 10 minutes, until dry and lightly golden, often 25–40 minutes depending on seed size and moisture. Watch closely near the end.

Pack after cooling Cool fully on the tray before putting into a clean dry food-safe container. Record the date and batch ingredients. Use the ingredient storage directions; discard seeds that smell rancid or show spoilage.

Important

Use the serving-layout worksheet alongside your chosen published recipe. Check ingredients and allergens. Refrigerate perishable food promptly; for transport without refrigeration use an insulated bag and at least two cold sources. Follow the current food-safety source below. No shelf-life or health benefit is established.

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Batch date / time

Ingredient amounts or substitutions

Allergens to identify

Portions / container sizes

Refrigeration / transport plan

What to change next time

LAYOUT / SPACING PRACTICE