ROASTED PUMPKIN SEEDS

1. Preheat oven to 300 degrees F.
2. Cut pumpkin in half.
3. Remove seeds by scraping pulp from the pumpkin with a large spoon.
4. Rinse seeds in a colander, and pick seeds from the pulp.
5. Place seeds in the top of a vegetable steamer with water in the bottom. Cover and cook for 30 minutes.
6. Dry the seeds with a towel.
7. Spread seeds on a cookie sheet, spray with vegetable oil and sprinkle with salt.
8. Bake the seeds for 30 minutes, or until golden brown.

PEANUT BUTTER

1. Pour peanuts into blender.
2. Cover blender, and set it for chop.
3. Stop the blender periodically to scrape the peanut butter from around the blades until all the peanuts have been ground into peanut butter. If necessary, add oil to help the grinding process.