

### Ingredients:

- 1/2 c. watermelon seeds
- 1/4 t. extra virgin olive oil
- 1/4 t. sea salt
- 1/4 t. cinnamon and cayenne

Remove seeds from watermelon. Look online for tips ([www.instructables.com](http://www.instructables.com)) or just dig in and use the pulp for another recipe. Wash and pat seeds dry and lay out flat on a baking sheet for about an hour to fully dry.

Preheat the oven to 350°. Toss seeds in oil, salt, and any other seasonings you choose and bake for 10-15 minutes. Serve. This is a delicious snack that is high in minerals including: iron, magnesium, and copper.

### Serving Size for 2

Calories 156; Total Fat 13g; Saturated Fat 3g; Cholesterol 0mg; Sodium 256mg; Total Carbohydrates 4g; Dietary Fiber 0g, and Protein 8g.