FLEURISH / DOCTOR'S KITCHEN

Yogurt, honey & pepitas

a creamy bowl with a little crunch

A swirl of yogurt, a drizzle of honey and a crunchy finish.



Serves 1 **Prep 2 min** **Toast optional** **Under 5 min***

INGREDIENTS

- ☐ 3/4 cup plain Greek yogurt (about 6 oz)
- ☐ 2 tsp honey
- ☐ 1 1/2 tbsp pepitas (shelled pumpkin seeds)

LET'S COOK

☐ **1. Toast, if you like**

Toast pepitas in a dry skillet over medium-low heat for 3 to 4 minutes, shaking often. When fragrant and puffed, tip onto a plate to cool. Or use chopped nuts in the same amount.

☐ **2. Make a swirl**

Spoon yogurt into a bowl and swirl with the back of a spoon. If honey is thick, warm its jar in hot tap water.

☐ **3. Finish and enjoy**

Drizzle with honey, sprinkle over the pepitas and eat right away for the best crunch.

Keep yogurt refrigerated. Cool extra toasted pepitas, then store in a closed jar at room temperature for up to 2 weeks. *About 7 minutes if toasting.