Ingredients

* 45 apricots, cut into thin strips
* 3 24 ounces of low-fat vanilla yogurt
* 2 cups of dry-roasted pumpkin seeds
* a pinch of salt

Procedure

1. Dry roast the pumpkin seeds on a non-stick pan on low heat until smoking and fragrant, approximately 1 minute.
2. Place yogurt into cups and then stick in the apricots.
3. Sprinkle the dry-roasted pumpkin seeds over it.