**Affiliate link:**

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**Subject:**

7-minute healthy balls

Fat-burning chocolate peanut butter bites (delicious recipe!)

Eat this chocolate treat for a flat stomach

**Body:**

Who doesn't love a quick and healthy snack on the go that only takes 7 minutes to make (for a batch that will last a whole week)…

And the best part is these fat-burning little treats taste just like cookie dough. Delicious, but healthy!  
  
I swiped this recipe from my close friend Danette May, who is an awesome Nutritionist, Personal Trainer, and Figure Competitor. She comes up with tasty and healthy recipes like this for her whole family to enjoy.  
  
**Danette's Healthy Cookie Dough Balls:**  
  
Nutritional Information: 2 balls = 3 oz. protein, 1 tbsp fat, 1/4 cup carbs  
  
Makes approximately 20 balls  
  
Preparation time: 7 minutes  
  
\* 1 cup almond butter or natural peanut butter (or try both mixed half and half)  
\* 1/4 cup honey (raw, if you can find it)  
\* 3 cups dry oatmeal (pulverize dry oats in a blender or coffee grinder first, which helps form a cookie dough texture in the final balls)  
\* 2-3 scoops vanilla or chocolate whey protein

\* 1/3 cup water  
  
\*Optional: For added flavor, you can add 1/2 cup of coconut or dark choc chips or cacoa nibs (70% or higher chocolate chips for less sugar)  
  
Mix together in a bowl and then roll into 1-inch balls. Eat a couple right away or freeze for an on-the-go treat anytime!  
  
Enjoy 1 or 2 healthy cookie dough balls any time you need a quick snack during the day or for dessert.  
  
For more than 120 delicious, fat-burning recipes that you can make in less than 10 minutes, try Danette's new recipe manual - Eat, Drink and Shrink

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Here’s a sample of some of the other **delicious TEN minute metabolism-boosting recipes** you’ll get…  
  
> Savory Chicken Artichoke Pizza  
> Tasty Thai Chicken Lettuce Wraps  
> Peanut Butter Ice Cream  
> Succulent Baked Lime Wings  
> Banana Coconut Crepes  
> Sweet Treat Pumpkin Cheesecake  
> Key Lime Pie  
> BBQ Burger  
> Blueberry Pancakes  
> Southwestern Grilled Tuna  
> Coconut Pumpkin Soup  
> Ranchero Burrito  
  
  
Go here to get over 120 scrumptious recipes that help to melt away stubborn fat

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