

April 9' 2019 Speaker - Kristel Poynton Kretchmer

Protein Balls:

1 cup natural peanut butter

1/4 cup honey

2 tsp vanilla extract

1 1/2 cup rolled oats

1/2 cup unsweetened coconut

1/3 cup mini chocolate chips

Smooth peanut butter and honey together, then add remaining ingredients.

Shape into bite size balls and place on a parchment paper covered cookie sheet. Place in refrigerator for a few hours, then eat and enjoy. I also store these in the freezer and pull them out whenever I want a couple

Also, here is the information with regard to the Tabata Music I played during your event. Go to iTunes and search for 35 Tabata Rock, it is approximately \$13.00

If anyone would like to follow me on Facebook - my page is:

[Facebook.com/GetFitWithKristel](https://www.facebook.com/GetFitWithKristel) - the gals can follow my page with regard to water aerobics classes and different things I offer. My phone is 843-290-2074 and email is: kpkhhi@gmail.com - I am also available for small group personal training at a discounted rate in case anyone is interested.

Please let everyone know they can contact me at anytime. Thank you again so much, I loved being your guest speaker!