

CHALLENGE

DAY 20: Cookies

Make a batch of your favorite cookies and don't eat any! (not even a lick of the beater).

Most of us have gotten to the point where we aren't even aware of what we are putting in our mouths. If we make cookies we probably eat 3-5 cookies worth of dough but don't even "count it" because it wasn't a cookie.

Now again, don't get creative and figure out a way to cheat the challenge. Don't make another batch, don't save them for the next day, and don't accidentally lick your fingers and then say, "Oh well, I blew it, might as well eat some."

Do this challenge—all the way. You'll know if you are. Then give the cookies away so you won't be tempted.